

PLANNING COMMISSION MEETING

A G E N D A

TOWN OF CHINCOTEAGUE

MARCH 25, 2008 - 7:00 P.M. – Council Chambers - Town Hall

CALL TO ORDER

INVOCATION

PLEDGE OF ALLEGIANCE

PUBLIC PARTICIPATION

AGENDA ADDITIONS/DELETIONS AND ADOPTION:

1. New Commissioner Welcome- Mr. Tripp Muth
2. Possible Adoption of February 26, 2008 Minutes
3. Public Hearing- Parking Recommendations to Zoning Ordinance
4. Review of Complementary Therapy (from last Month)
5. Moving Billboards
6. Planning Director's Update
 - Upcoming Community Events
 - 100th Anniversary Celebration
 - Major/Minor Subdivision Update
 - Board of Zoning Appeals
7. Commission Members Announcements or Comments
(Note: Roberts Rules do not allow for discussion under comment period)

ADJOURN:

Town of Chincoteague Planning Commission Meeting

February 26, 2008

Minutes

Members Present:

Mr. Robert Behr
Mr. Ray Rosenberger, Chairman
Mrs. Jane Wolffe

Mr. Chuck Ward
Mrs. Mollie Cherrix

Members Absent:

Hon. Ellen W. Richardson

Staff Present:

Mr. Jared Anderson, Director of Planning
Mr. Robert Ritter, Town Manager

1. Call to Order

Chairman Rosenberger called the meeting to order at 7:02 p.m.

2. Roll Call by Mr. Anderson

3. Invocation followed by Pledge of Allegiance

4. Public Participation

NONE

5. Adoption of Agenda

Mr. Rosenberger requested that there be an agenda item "Directional Sign Program" added to the agenda as item 5. There was a motion by Mr. Ward, seconded by Mr. Behr to adopt the amended agenda. Unanimously approved.

6. Adoption of the January 22, 2008 Minutes

Mr. Rosenberger indicated that there were some grammatical errors in the minutes. This was noted by the Secretary who will amend the minutes and will be reflected in the permanent records. There was a motion by Mr. Ward, seconded by Mr. Behr to approve the amended minutes. Unanimously approved.

7. Public Hearing- Conditional Use Permit, Ms. Christine Schreibstein

Mr. Anderson began by indicating that this application was amended by the applicant. Since the amendment was made after the Planning Commission held its public hearing, the application needed to come back for a public hearing and review by the Planning Commission. Ms. Schreibstein amended her application from "Conduct Business on Property" to "Home Occupation." Since a Home Occupation is a permitted use by right in the R-2 District the reason for the application is for a lack of parking required for a home occupation, which is 4 spaces and there are 2, possibly 3 spaces, and that the use is not identified in the Town Code. The Planning Commission can recommend to Council to grant, deny, or grant conditionally any Conditional Use application.

Mr. Rosenberger opened the floor up for a public hearing. Seeing as though there were no participants Mr. Rosenberger closed the public participation portion of the meeting, and opened it up for Commissioner comments.

Mrs. Wolffe indicated that the Commission could recommend approving the permit conditionally and recommending a set of conditions which must be adhered to and could be reviewed by Council every year.

Mr. Ward stated that if the Planning Commission were to recommend approving this application they would be recommending changing the use on the property. This property was identified as a legally non-conforming lot because it has a lot size of approximately 6,700 square feet, while the minimum required lot size in the R-2 district is 12,500 square feet.

Mr. Ward indicated that the applicant initially referred to the use as a school which has since morphed into something else. At the beginning of the application process the applicant stated there would be 6 to 8 customers and now it would only be 2 customers. There would be no room for her business to grow.

Mr. Anderson indicated that currently there is nowhere on the island where someone could conduct "Complementary Therapy," without having a conditional use permit.

Mr. Behr stated that the parking issue concerned him, and is hesitant to recommend a business in a residential area.

Mr. Ward moved **"to recommend to Council an unfavorable recommendation based on not having enough parking spaces, nonconformity of the minimum lot size, and that the business will not be able to grow."** Seconded by Mr. Behr. Motion carried. Recommendation will be forwarded to Council.

Yea: Ward, Behr, Cherrix

Nay: Wolffe

Absent: Richardson

No Vote: Rosenberger

Mr. Ward moved **“to recommend to add to next month’s Planning Commission Agenda the possibility of adding Complementary Medicine to the list of businesses in the Town Code, and to look at in what districts it could be permitted.”** Seconded by Mrs. Cherrix. Unanimously Approved.

Mr. Anderson cautioned that the applicant did not claim to practice any sort of medicine, rather it is described as Complementary Therapy. Mr. Behr questioned whether a practitioner of these services needed any certifications, or licenses? Mr. Anderson will research and bring back any findings.

8. Possibly Setting Date for Public Hearing- Parking Recommendations (Zoning Ordinance)

Mr. Anderson stated that this issue was sent back to the Planning Commission because the recommendations were moved from the Subdivision Ordinance to the Zoning Ordinance. Many of staff’s recommendations were the same or similar to the Planning Commission’s initial recommendations.

Mrs. Wolffe indicated that she thought fire safety was an important component to leave in the recommendations. Mrs. Wolffe questioned why the Parking Space dimensions changed. Mr. Anderson indicated that most of the municipalities sampled required a 9 foot width and 17-18 feet of depth for the parking stalls. He also went out and measured vehicles to see if changing the width to 9 feet would prohibit cars from parking between the lines, he found that even for large vehicles 9 feet should be wide enough.

There was also concern over the depth needed for ingress/egress of a parking lot. Mr. Anderson talked to Tim Holloway of VDOT and he indicated that the depth is not as much of a concern as the curb radius. Mr. Anderson indicated that staff’s recommendations are to use the VDOT Minimum Standards of Entrances to State Highways. This includes both radius and depth among other things. It would be up to the roads engineer to decide the radius and the throat depth.

Mrs. Wolffe indicated a concern over having some sort of requirement for maintaining the parking bay. There was a recommendation by the Planning Commission to require maintenance of a road, and this was addressed by Council in the subdivision ordinance. It might be possible to include a section for parking areas so that they are maintained.

Mr. Anderson also stated that in staff’s recommendations there is a section on Best Management Practices. These will only be to the surface of the parking bays, will have engineering approval, and be shown to reduce non-point source pollution and impervious surfaces. The Planning Commissioners requested that more information/ illustrations be given to them at the next meeting.

For the computation of 6.6.5. which dealt with parking for transient occupancy there are variations in the recommendations that needed to be acted upon.

Mr. Ward moved **“to set the date for the public hearing regarding these parking recommendations for the March 25, 2008 meeting.”** Mrs. Cherrix seconded. Unanimously approved.

9. Board of Zoning Appeals

Included in the agenda packet were the February Board of Zoning Appeals minutes. There were two cases heard, one was approved and one was denied, they were both setback issues. Mr. Anderson indicated that he would continue to include the minutes in the agendas.

10. Directional Sign Program

A directional sign program has been discussed before by the Commission. There were already directional signs on Chincoteague, provided by the Downtown Revitalization grant. Mr. Ward moved **“to forward to Council a recommendation to establish a directional sign policy that will be maintained by the Town.”** Seconded by Mrs. Cherrix. Unanimously approved.

11. Planning Directors Update

- Mr. Anderson indicated that Council postponed the appointment of a new Planning Commissioner until there could be a full quorum. There were 6 applicants for the position.
- Mr. Anderson also announced that March 13, 2008 from 5pm-7pm will be the 100th Anniversary Celebration at the Community Center, all are welcome to attend. He feels this will be a wonderful kick-off event that will lead to more events throughout the year. The Library will have its groundbreaking ceremony at 3pm on the 13th of March, and all the Church Bells will be rung at Noon on the 13th.
- Mr. Anderson mentioned that the issue of Major/Minor Subdivision has been postponed for this month but will be back on the agenda in March.
- Mr. Kenny Lewis forwarded concerns over a mobile home that would be turned into a wayside stand for retail sales. The concern is that mobile homes are not permitted by right in the C-1 district. Most commissioners expressed concern over allowing that on Maddox Boulevard.

12. Commission Members Announcements or Comments

- Mr. Ward announced that there will be an Earth Day Celebration at the Downtown Park on April 19, 2008. There will be many activities and chances to recycle non-traditional items. He also mentioned the concept of wind-generated power as an alternative power source. Power generating windmills are currently allowed by special exception in some of the zoning districts. Mr. Ward would like for the Town to encourage this use in the future.

- Mrs. Wolffe would like to see the Planning Commission review the concept of the Town implementing a landscaping requirement for future development.
- Mr. Rosenberger added that the Council did issue a Certificate of Appreciation to Mr. Derrickson for his service as a Planning Commissioner. He also wanted the Planning Commission to look at the moving billboards that are an issue down in Virginia Beach.

There was a motion by Mrs. Wolffe and a second by Mrs. Cherrix to adjourn the meeting. The motion was unanimously approved.

Minutes Approved

Mr. Raymond R. Rosenberger Sr., Chairman

MEMORANDUM

To: Planning Commission
From: Jared B. Anderson, Town Planner
Date: February 19, 2008
Subject: Zoning Ordinance-Parking

Section A. Commercial District C-1

4.2.4.1. Parking Garages and other similar structures

Section B. Commercial District C-2

4.5.4.1. Parking Garages and other similar structures

Section C. Parking

Sec. 6.6 Parking

There shall be provided, at the time of erection of any main building or dwelling unit, or at the time any main building is enlarged, or the available customer floor space in a business structure is increased, minimum off-street parking space (ten feet in width and 20 feet in length) with adequate provisions for entrance and exit by standard sized automobiles as required by the Virginia Department of Transportation.

6.6.1. Definitions

(a) Accessible Parking stalls- parking required for persons with disabilities.

(b) Accessway- a private vehicular facility for Townhouse, Multifamily, Condominium, and Commercial developments that extend from the curb-line-extended of a public or private road to the parking bay.

(c) Aisles. Areas used for vehicular traffic in parking areas for ingress and egress of parking bays and parking spaces.

(d) Best Management Practice- are a series of approaches to development and site design that aim to minimize stormwater impacts. For the purposes of this ordinance a Best Management Practice will apply only to the surface of the parking bay and will be shown to reduce the amount of impervious surface.

(e) Compact Car Parking Space. An off-street space available for parking of (1) one motor vehicle and having an area not less than eight (8) feet in width by sixteen (16) feet in depth.

(f) Entrances- The area used for ingress/egress for an accessway or parking bay to a public or private road. Must meet the Virginia Department of Transportation's "Minimum Standards of Entrances to State Highways."

(g) Fire Safety. To assure that fire safety and emergency vehicles can adequately service the needs of people and structures associated with parking areas and parking bays, an Emergency Lane(s) shall be established that provides vehicle access to at least 100 feet of three (3) sides of any structure(s) with a lane width of 18 feet.

(h) Parking bay. Means an off-street facility for parking two or more vehicles which are served by an entrance and possibly an accessway connecting the parking bay and a public or private road. This shall not include parking for single family residential uses.

Parking Bays will be required to have safe pedestrian traffic capability by providing sidewalks or defined safe walkways that provide access to the structures served by these lots.

(i) Parking Space. An off-street space available for parking of (1) one motor vehicle and having an area not less than 9 feet by 18 feet and an area of 10 feet by 30 feet for boat trailers exclusive of passageways and driveways appurtenant thereto, and having direct access to a street , or road.

~~6.6.1.~~ **6.6.2** If a lot is utilized for amusement or recreational rental purposes the following regulation shall apply: one space per four persons rated capacity.

- (1) Miniature golf course: one space per hole.

~~6.6.1.~~ **6.6.3.** If a lot is utilized for use group R-residential (see ~~BOCA code, section 301~~ **Virginia Uniform Statewide Building Code, as amended**) there shall be off-street parking space provided for the parking of at least two motor vehicles for each dwelling unit.

~~6.6.3.~~ **6.6.4.** If a lot is utilized for use group A-assembly (including churches) there shall be provided at least one off-street parking space for every five potential occupants, as defined by Virginia Uniform Statewide Building Code, in the main structure's assembly or auditorium area. (Excluding libraries and museums.)

~~6.6.4.~~ **6.6.5.** If a lot is utilized for a medical or dental clinic, ~~there shall be provided at least five off-street parking spaces for each doctor or dentist.~~ **Four spaces per examination or treatment room, plus one space for each doctor and employee.**

~~6.6.5.~~ **6.6.6** If the utilization of a lot requires the payment of transient occupancy tax, then shall be provided 1.2 parking space for each sleeping unit. There are two ways of interpretation.

If the utilization of a lot requires the payment of the transient occupancy tax, every Single Family, Duplex, Multifamily, Townhouse, or Condominium development where there are less than ten (10) units serviced by a parking area shall multiply the number of sleeping units by 1.2. If a fractional number occurs the number will be rounded up to the nearest whole number. This number will then be multiplied by the total number of sleeping units the parking lot is servicing.

Example: There is an 8-3Bedroom Townhouse Complex. $3 \times 1.2 = 3.6$ [round up to 4.0] $4 \times 8 = 32$ spaces required for that parking lot.

If the utilization of a lot requires the payment of the transient occupancy tax, every Multifamily, Townhouse, or Condominium development where there are 10 or more units serviced by a parking area shall multiply the number of sleeping units by 1.2. This number will be multiplied by the total number of sleeping units the parking lot is servicing.

Example: There is a 30-3Bedroom Townhouse Complex. $3 \times 1.2 = 3.6$, $30 \times 3.6 = 108$ spaces required for that parking lot.

Using this calculation method each unit within the development the parking area is servicing will meet the required amount of parking spaces in order to have a vacation rental.

OR

If the utilization of a lot requires the payment of the transient occupancy tax each Multifamily, Townhouse, or Condominium development where there are 10 or more units serviced by a parking area shall multiply the number of sleeping units by 1.2. If a fractional number occurs the number will be rounded up. This number will then be multiplied by the total number of sleeping units the parking lot is servicing.

Example: There is a 20-2 Bedroom Multifamily Complex. $2 \times 1.2 = 2.2$ [round up to 3.0] $3 \times 20 = 60$.

Now Calculate the amount of parking that will be required if this complex will not be utilizing transient occupancy. $20 \times 2 = 40$.

Average these two calculations $60 + 40 = 100 / 2 = 50$ spaces required.

~~6.6.6.~~ **6.6.7.** If a lot is utilized for a hospital, nursing home or similar facilities, there shall be provided at least one off-street parking space for each two beds' capacity, including infants' cribs and children's beds.

~~6.6.7~~ **6.6.8.** For marinas and other similar facilities, **except as expressly provided herein**, whether any main building is erected or enlarged or not, there shall be provided at least (1) parking space for each slip or mooring, plus ten (10) parking spaces for each single-width boat ramp, with each space ten feet (10ft) in width by forty-five (45 ft) in length plus the parking spaces required by Section C, as applicable, if there are buildings. **Any private non-commercial marina located on the same parcel of land, used in conjunction with the main use on such parcel and the use of which is restricted to the owner (s) or occupant(s) with or without compensation, shall require one additional parking space in excess of the number required for the main structure or use."**

~~6.6.8.~~ **6.6.9.** (No change except number)

~~6.6.9.~~ **6.6.10.** " "

~~6.6.10.~~ **6.6.11** " "

~~6.6.11.~~ **6.6.12.** " "

~~6.6.12.~~ **6.6.13.** " "

~~6.6.13.~~ **6.6.14.** " "

6.6.15. An Accessway shall extend from the curb line extended of a public or private road to the parking bay. Accessways shall be clearly distinguishable from the parking bay. An accessway shall not be used as a through street and it shall carry predominantly on-site traffic. Surface composition of accessway will be same as parking bay. There shall be no parking on an accessway. An accessway will be no longer than 200 feet from curb line extended of a public or private road to parking bay. The accessway will have a minimum width of 22 feet with the entrance a required 24 foot minimum width as required by the Virginia Department of Transportation's "Minimum Standards of Entrances to State Highways."

6.6.16. Compact Car Parking Spaces- if 20 or more parking stalls are required for a parking bay, 20 percent of those spaces may be designated for Compact Car Spaces. Each Compact Car Space shall be marked as "Compact Car Parking."

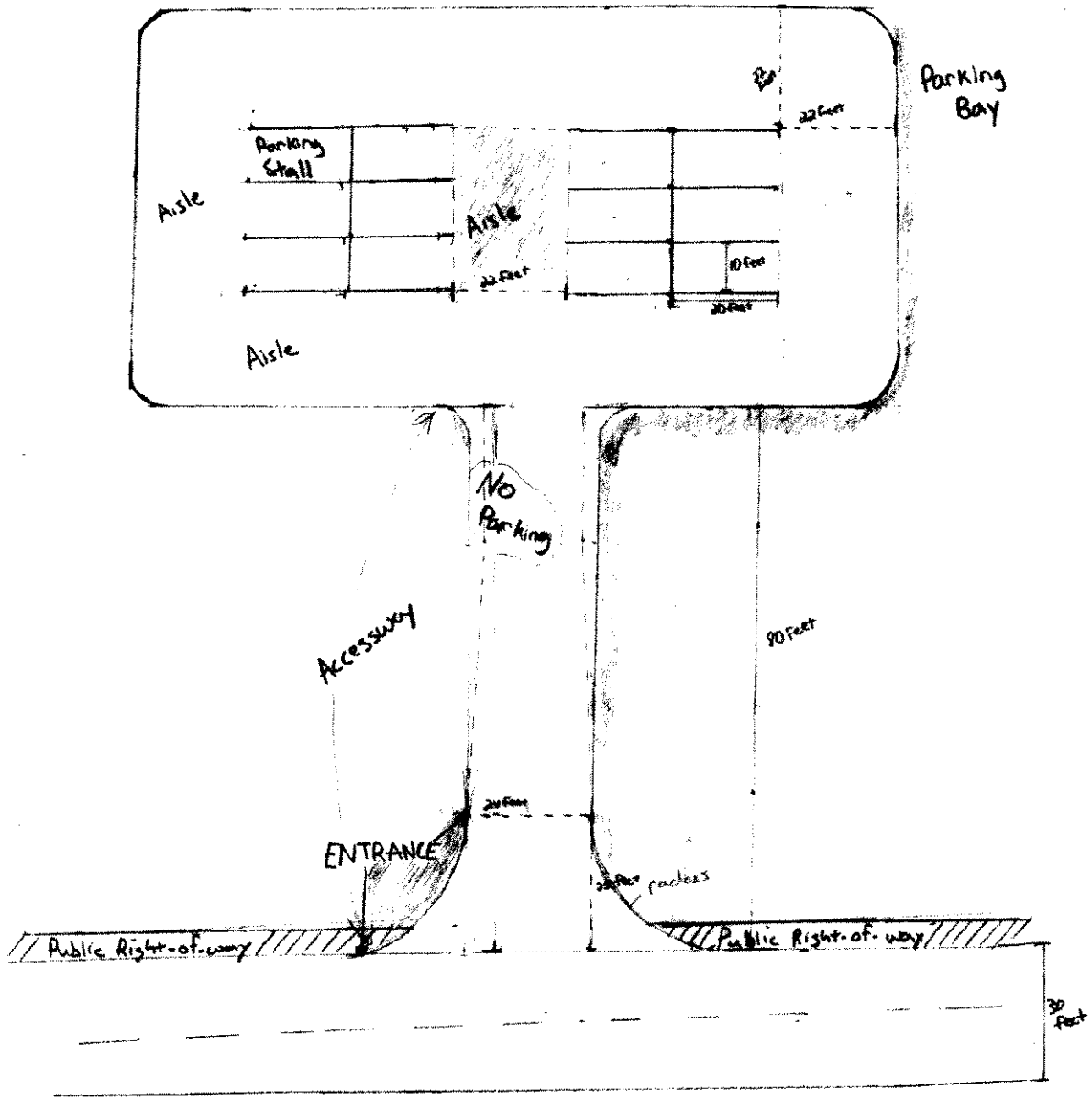
6.6.17. Entrances to Accessways and Parking Bays must be built to “Minimum Standards of Entrances to State Highways” VDOT specifications whether connecting to a public or private road. Entrance permits?

6.6.18. Parking Bays shall have aisles that are 22 feet or more in width.

6.6.19. A best management practice for parking must be approved by a certified engineer as a structurally sound and effective practice that reduces stormwater run-off and the amount of impervious surface of the parking bay. A Best Management Practice may be utilized when Section C. of the Zoning Ordinance requires 20 or more stalls for a parking bay, or for any non-required parking stalls. The Best Management Practice for parking may be utilized for 35% of required parking stalls and 100% of non-required parking stalls. Stalls utilizing a best management practice must adhere to proper stall dimensions either for standard, or if applicable compact parking stalls. Any Best Management Practice for parking shall be designed so as not to create or increase adverse effects on adjoining properties as a result of surface drainage.

6.6.20. Accessible Parking stalls must conform to current regulations of Virginia Uniform Statewide Building Code, and any subsequent amendments to those regulations.

Accessway and Parking Bay



To: Mayor & Town Council
From: Planning Commission
Subject: Proposed Subdivision and Zoning Ordinance Changes
Date:

The Planning Commission on January 5, 2006 conducted a public hearing to receive public comments on the following proposed changes to the current subdivision ordinance and zoning ordinance.

The Commission request that you consider the following changes as presented:

Section 2.02 Definitions:

Fire Safety. To assure Fire Safety, Emergency vehicles can adequately service the needs of people and structures associated with parking areas and parking lots, an Emergency Lane (s) shall be established that provides vehicle access to at least 100 feet of three (3) sides of any structure(s) with a lane width of 18 feet.

Parking Lot. A off street facility, including parking spaces, along with adequate provisions for drives and aisles for maneuvering and giving access, and for entrance and exit, all laid out in a way to be usable for parking.

Spaces shall be defined and shall be 10 feet by 20 feet for automobiles and 10 feet by 30 feet for boat trailers where applicable. A parking area for boat trailers shall be established in a separate area from vehicle parking and not adjacent to any public right-of-way or within 30 feet of such.

Aisles shall be 22 feet or more in width.

Access and exit from and to Town roads shall meet VDOT standards for width and paving and shall be at least 50 feet in length. At the point of leaving the required right-of-way, developers may be required to construct roadways and turn-arounds within parking lots to VDOT standards to provide the capability of Town acceptance at future times.

All parking lots and parking areas shall be constructed and maintained by a paved surface meeting VDOT standards.

Parking lots will be required to have safe pedestrian traffic capability by providing sidewalks or defined safe walkways that provide access to the structures served by these lots.

Parking Space. A off-street space available for parking of (1) one motor vehicle and having an area not less than 10 feet by 20 feet and an area of 10 feet by 30 feet for boat trailers exclusive of passageways and driveways appurtenant thereto, and having direct access to a street or road.

Right-of-way. A strip of land dedicated or reserved for a road, ~~crosswalk,~~ sanitary or storm sewer, water main, drainage ~~facility facilities,~~ public utility or other special use **to serve lots within a subdivision. Any right-of-way for subdivision planning purposes under this Ordinance shall be required to be specifically shown on plat. Any such right-of-way shall not be situated within the dimensions or area of any platted lot, unless specifically permitted hereunder. The term "right of way" for land platting purposes under this ordinance shall mean that every right of way hereafter established and shown on a plat is to be separate and distinct from lots or parcels adjoining such right of way and not included within the dimensions or areas of such lots or parcels.**

Road. Any public or private way set aside as a permanent right-of-way for ~~motor vehicle travel and affording the principal means to abutting properties vehicular traffic that results~~ from the subdivision of land, including the entire area within the right-of-way. For purposes of this Ordinance the term "road" shall not include, except as may be specifically required by the Virginia Department of Transportation's Subdivision Street Requirements, effective January 1, 2005, for inclusion into the secondary system of state highways, those areas within approved townhouse or condominium complexes designated for resident or guest parking and/or utilized to provide ingress and/or egress to and from such designated parking areas.

For the purpose of this ordinance, the word "road" shall include the words "streets," "highway," ~~land,~~ "avenue," "boulevard," "alley," "lane" and "drive."

~~**Road, private.** A road owned by one or more persons, restricted in use and not maintained by the Town of Chincoteague, the Virginia Department of Highways [Transportation] or one not intended for acceptance into the state highway system.~~

Road, public. A road maintained by the Town of Chincoteague, the Virginia Department of Highways [Transportation] or one intended for acceptance into the state highway system and approved by the roads engineer as meeting Virginia Department of ~~Highway [Transportation] specifications.~~ **Transportation Subdivision Street Requirements, as herein provided.**

(a.) Private roads are prohibited.

14.08. *Effect of recordation of the final plat.* Upon the recordation of final plat, and only after such recordation, the developer may transfer or sell lots included within such final plat, and the developer may exhibit such final plat in promoting the sale of such lots. Furthermore, the developer or a subsequent owner may acquire a building permit for construction on a lot covered by such final plat. In all advertising of lots covered by a final plat, the developer shall:

(a) State whether officially approved water and sewerage facilities are available or not.

~~(b) State whether roads are public or private.~~

~~(c)~~ (b) State whether [the] lot is located in the floodplain.

14.09. *Improvements required to be provided in a major subdivision.* The following improvements shall be provided by the developer in a major subdivision as a prerequisite for recordation of the final plat, as may be required:

- (a) ~~All roads Public roads as may be required.~~ shall be developed in accordance with the Virginia Department of Transportation 2005 Subdivision Street Requirements, as may be amended from time to time, and eligible for addition to the Urban Highway Standards of state highways maintained by the Virginia Department of Transportation and/or the Town of Chincoteague, if the developer and/or the owners of the lots, parcels, or units within the subdivision; or alternatively, in the event that the developer does not intend such roads to be added to the secondary systems, a legally enforceable covenant or agreement, not subject to modification or revocation, whereby the owners of such lots, parcels, or units or an association comprised of such owners are financially obligated to maintain such road in accordance with the above requirements or criteria subsequent to the termination of the development's maintenance obligation. A valid land use permit for connection to a public road is required.
- (b) Drainage improvements.
- (c) Installation of water and/or sewer mains, if public service is available.
- (d) Surveying monuments.
- (e) Street signs on ~~public~~ all roads.
- (f) Such other improvements as the planning commission may have made a part of its approval of the final plat.

All such improvements shall be made in conformance with the construction plans and specifications approved with the final plat.

15.04. *Effect of recordation of the final plat.* Upon the recordation of final plat, and only after such recordation, the developer may transfer or sell lots included within such final plat, and the developer may exhibit such final plat in promoting the sale of such lots. Furthermore, the developer or a subsequent owner may acquire a building permit for construction on a lot covered by such final plat. In all advertising of lots covered by a final plat, the developer shall:

- (a) State whether officially approved water and sewerage facilities are available or not.
- ~~(b) State whether roads are public or private.~~
- ~~(c)~~ (b) State ~~whether~~ the lot(s) ~~is~~ are located within the floodplain.

15.05. *Improvements required to be provided in a minor subdivision.* The following improvements shall be provided by the developer in a minor subdivision as a prerequisite for recordation of the final plat, as may be required:

- (a) ~~All roads Public roads as may be required.~~ shall be developed in accordance with the Virginia Department of Transportation 2005 Subdivision Street Requirements, as may be amended from time to time, and eligible for addition to the Urban Highway Standards of state highways maintained by the Virginia Department of Transportation and/or the Town of Chincoteague, if the developer and/or the owners of the lots, parcels, or units within the subdivision; or alternatively, in the event that the developer does not intend such roads to be added to the secondary systems, a legally enforceable covenant or agreement, not subject to modification or

revocation, whereby the owners of such lots, parcels, or units or an association comprised of such owners are financially obligated to maintain such road in accordance with the above requirements or criteria subsequent to the termination of the development's maintenance obligation. A valid land use permit for connection to a public road is required.

- (b) Drainage improvements;
- (c) Installation of water and/or sewer mains, if public service is available;
- (d) Surveying monuments;
- (e) Street signs on ~~public~~ all roads; and
- (f) Such other improvements as the planning commission may have made a part of its approval of the final plat.

All such improvements shall be made in conformance with the construction plans and specifications approved with the final plat.

16.03. ~~Public~~ Roads, **public** . The following standards shall apply to the layout of ~~public~~ all roads:

(a) Private roads are prohibited.

- ~~(a)~~ (b) The arrangement, character, extent; grade, width, and location of all roads shall be acceptable to the roads engineer and shall be considered in their relation to existing and planned roads, to topography, to public convenience and safety and to the proposed uses of the land to be served by such roads.
- ~~(b)~~ (c) The road layout shall provide for the continuation or projection of roads already existing in the area, unless such extension is undesirable for reasons of topography, design, or safety.
- ~~(c)~~ (d) The name of any proposed road shall not be the same or similar to the name of any existing road, and shall be approved by the governing body, except that extensions of existing roads shall bear the same name as the existing road.
- ~~(d)~~ (e) Local roads shall be laid out so as to discourage their use by through traffic.
- ~~(e)~~ (f) If a portion of a parcel is not to be subdivided at the present time, suitable access for the future subdivision of such portion shall be provided, unless such unsubdivided portion is clearly unsuitable for development.
- ~~(f)~~ (g) Where stub roads are provided abutting unsubdivided land, temporary easements for turnarounds may be required by the roads engineer, zoning administrator or planning commission.
- ~~(g)~~ (h) Where natural features or the design concepts employed make their use appropriate, cul-de-sacs may be used. Cul-de-sacs shall not be more than 800 feet in length, except by permission of the town, and each cul-de-sac shall be terminated with a turnaround of not less than a ~~30-~~ 50 foot radius in diameter.

- ~~(h)~~ (i) Layout of roads shall minimize the number of access points to collector roads and arterial highways.
- ~~(i)~~ (j) Layout of roads shall minimize pedestrian and vehicle conflict points. The town may require the installation of sidewalks when such improvements are important to traffic safety.
- ~~(j)~~ (k) Alleys should be avoided whenever possible.
- ~~(k)~~ (l) Multiple intersections involving the junction of more than two roads shall not be used, except by permission of the town. Roads shall be laid out to intersect as nearly as possible at right angles.
- ~~(l)~~ ~~The minimum width of proposed roads, measured from lot line to opposite lot line, shall be as shown on the town's major road plan, or if not shown on such plan, shall be:~~
 - ~~1. Collector roads, not less than 50 feet.~~
 - ~~2. Local roads, not less than 50 feet.~~
 - ~~3. Service roads and other roads, not less than 50 feet.~~
 - ~~4. Alleys, if permitted, not less than 20 feet.~~

~~When any subdivision abuts an existing public road with inadequate right of way, the town may require the developer to dedicate the necessary right of way to meet the minimum right of way requirement as indicated above to the Virginia Department of Transportation.~~
- ~~(m)~~ ~~All proposed roads shall be constructed by the developer in accordance with Virginia Department of Transportation secondary roads specifications and requirements.~~
- (n) The developer shall install at all intersections street signs of a design approved by the roads engineer at the expense of the developer.

~~16.04. Private roads. The following standards shall apply to private roads:~~

- ~~(a) Private roads may not be platted within a subdivision, except when the subdivision is designated a small scale or low density development with the total number of lots to be served not exceeding ten. The developer shall specify on all plats that the roads are private and not subject to be maintained by the Commonwealth of Virginia or the Town of Chincoteague. The developer by written statement shall further agree to release, discharge and absolve all governmental agencies from all immediate and future responsibility with regard to the improvements or maintenance of the private roads and rights of way so established, and shall record such statement with the deeds of transfer for each lot fronting on a private road. (See addendum 5 for example.)~~
- ~~(b) Private roads shall have a right of way of not less than 30 feet for their entire length and shall connect to a public road, unless the town shall waive such requirement. In making such exceptions, the town may attach such additional requirements and limitations on the subdivision as it may judge appropriate.~~

- ~~(c) No private road access shall be established nor the number of lots served by an existing private road right of way increased unless the roads engineer approves the access of that private right of way to the public road system.~~
- ~~(d) No private road right of way shall be platted until the developer has specified in writing who is responsible for its improvement and maintenance. Such statement shall appear on the face of the plat and in each deed for abutting lots.~~

The Planning Commission also recommends the following changes and/or additions to the Town's Zoning Ordinance:

In Commercial District C-1; Section 4.2.4 Conditional Use Permits Add new section;

4.2.4.1 Parking Garages and other similar structures

In Commercial District C-2; Section 4.5 4 Conditional Use Permits Add new section;

4.5.4.1 Parking Garages and other similar structures

Amend section 6.6.7 as follows:

"For marinas and other similar facilities, except as expressly provided herein, whether any main building is erected or enlarged or not, there shall be provided at least one (1) parking space for each mooring (10'x30'), plus ten (10) parking spaces for each single width boat ramp, with each space ten feet (10 ft) in width by forty-five feet (45ft) in length plus the parking spaces required by Section C, as applicable, if there are buildings. Any private non-commercial marina located on the same parcel of land, used in conjunction with the main use on such parcel and the use of which is restricted to the owners(s) or occupants(s) with or without compensation, shall require one additional parking space in excess of the number required for the main structure or use."

Legal Notices

Public Notice

The Planning Commission of the Town of Chincoteague will hold a public hearing on March 25, 2008 at 7:00 p.m. in the Council Chambers located at 6150 Community Drive to receive public comments and views on the following matter:

Public Hearing Possible amendments to Appendix A. Zoning Ordinance

Article IV. Commercial Districts

Section A. Commercial District C-1

Section B. Commercial District C-2

Article VI. General Provisions

Section C. Parking

Copies of the possible amendments are available at the Town Office. For additional information please visit the Town Office or call (757) 336-6519.

Jared Anderson
Director of Planning

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2-19-08

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ORDER OF PUBLICATION COMMONWEALTH OF VIRGINIA

Case No. CL08000061-00

ACCOMACK COUNTY CIRCUIT COURT
23316 COURTHOUSE AVENUE ACCOMAC, VA 23301

Commonwealth of Virginia, in re
BERNARD DORSEY VINNIE v. MARY ELIZABETH VINNIE

The object of this suit is to:
OBTAIN A DIVORCE

It is ORDERED that the above-named appear at the above-name court and protect his/her interests on or before April 20, 2008

2-19-08 Carl H. Bundick, Attorney

Public Notice

The Town of Chincoteague Mayor and Council will hold a public hearing on April 7, 2008 at 7:30 p.m. in the Council chambers located at 6150 Community Drive to receive public comments and views on the following matter:

Appeal CU-01-07 A request from Ms. Christine Schreiberstein, 6225 Clark Street, for a conditional use permit as required by Article 9, Section 9.3 of the Town of Chincoteague's Zoning Ordinance. The applicant wishes to operate a home occupation at the above location. Some services that would be provided per the application are Crystal Therapy, Feng Shui, and Energy Healing Treatments. The property is zoned Residential District R-2.

For additional information please visit the Town Office or call (757) 336-6519.

Jared Anderson
Director of Planning

Advertised 3/12/08 to 3/19/08

MEMORANDUM

To: Planning Commission

From: Jared B. Anderson, Town Planner

Date: March 19, 2008

Subject: Complimentary Therapy

At the February 25, 2008 Planning Commission Meeting Mr. Ward recommended that the Commissioners address the possibility of adding Complementary Medicine or as the applicant described it Complementary Therapy to the list of businesses in the Town Code. Mr. Behr also questioned at the last meeting if there are any licenses or certifications needed to practice these types of therapy.

The different practices the applicant has listed:

Crystal Therapy- according to one website crystal light therapy is certified by the National Certification Board of Therapeutic Massage & Bodywork. (articles attached)

Feng Shui- Currently there is no standard national certification for Feng Shui. A person who practices Feng Shui may have gone through a certification course but does not have to be certified to practice Feng Shui like an Engineer must have his/her professional license. (articles attached)

Energy Healing Treatment (Reiki) - there seems to be certification from particular schools or programs but not a standardized certification in the United States. There is the International Association of Reiki Professionals, however not being a member of this organization does not preclude a person from practicing Reiki. (article attached)

In addition classes are offered on the following:

Introduction to the Chakra System (article attached)

Meet Your Angel

Feng Shui

Crystal One-Day Intensive

Introduction to Crystals

The attached articles provide some insight to these practices; however for many of these practices there seems to be several schools of thought or ways of interpretation. I only selected articles that seemed the most helpful in understanding the basic tenets of these practices. There are probably other practices that could be lumped in with these practices.

A possible recommendation by the Planning Commission to add these practices to the business chapter of the Town Code would require Ordinance Committee Review, upon review if so desired the Ordinance Committee could forward their recommendations to the Council.

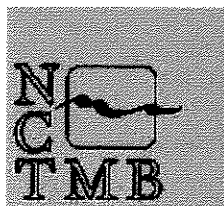


Crystal Light Therapy

**The safe and therapeutic use of crystals in massage, bodywork
and healing.**

Mission Statement

The purpose of Crystal Light Therapy is to share the healing energy of crystalline light and love with all who are truly seeking a deeper understanding of the soul, and to teach the safe and therapeutic use of crystals in massage, bodywork, and healing. In order to preserve the authenticity of the art of Crystal Light Therapy, one must learn from a teacher certified by the founder, Patricia Jean Edge-Huff.



Crystal Light Therapy is certified by the National Certification

**Board of Therapeutic Massage & Bodywork in the United States
as a Category "A" continuing education provider. All participants
are eligible for twenty-five Continuing Education credits upon
successful completion of the course.**





Articles

History of the Chakra System

Now that the chakras have become New Age parlance, there are many interpretations of their meaning and function being bandied about. While this popularity is making the chakras a household word, it is also spreading a lot of confusing, conflicting, and often erroneous information. It is important to realize the chakras come from an ancient tradition, which many New Age teachers have barely explored. Here is a brief summary of the development of the chakras historically.

The Vedas, which are the oldest written tradition in India, (2,000 - 600 B.C.) were written largely by the Aryans, who were said to have entered India on chariots. The original meaning of the word chakra as "wheel" refers to the chariot wheels of the invading Aryans. (The correct spelling is cakra, though pronounced with a ch as in church.) The word was also a metaphor for the sun, which "traverses the world like the triumphant chariot of a cakravartin." (ruler) and denotes the eternal cycle of time called the kalacakra, or wheel of time. In this way, it represents celestial order and balance.

It is said the cakravartins were preceded by a glowing golden disk of light, much like the halo of Christ, only this spinning disk was seen in front of them (perhaps their powerful third chakras?). The birth of a cakravartin was said to herald a new age. It is also said that the god Vishnu descended to Earth, having in his four arms a cakra, a lotus flower, a club, and a conch shell. (This may have referred to a cakra as a discus-like weapon.)

There is some mention of the chakras as psychic centers of consciousness in the *Yoga Upanishads* (circa 600A.D.) and later in the *Yoga Sutras of Patanjali* (circa 200 B.C.). Patanjali's tradition was largely dualistic, however, stating that nature and spirit were separate, and that the goal of yoga was to rise above nature.

The chakras and Kundalini came to be an integral part of yoga philosophy in the non-dual Tantric tradition, which arose in the 7th century, in reaction to the dualist philosophy which preceded it. This tradition advised being in the world rather than separate from it. Tantra is commonly thought of in the West as primarily a sexual tradition, as Tantrism does put sexuality in a sacred context. Yet this is actually only a small part of a broad philosophy which includes many

practices of yoga, worship of deities, especially the Hindu goddesses, and integration of the many polaric forces in the universe.

The main text about chakras that has come to us in the West is a translation by the Englishman, Arthur Avalon, in his book, *The Serpent Power* published in 1919. These texts: the *Sat-Cakra-Nirupana*, written by an Indian pundit in 1577, and the *Padaka-Pancaka*, written in the 10th century, contain descriptions of the centers and related practices. There is also another 10th century text, called the *Gorakshashatakam*, which gives instructions for meditating on the chakras. These texts form the basis of our understanding of chakra theory and Kundalini yoga today.

In these traditions, there are seven basic chakras, and they all exist within the subtle body, overlaying the physical body. Through modern physiology we can see that these seven chakras correspond exactly to the seven main nerve ganglia which emanate from the spinal column. There are two minor chakras mentioned in the ancient texts, the *soma chakra*, located just above the third eye, and the *Anandakanda lotus*, which contains the Celestial Wishing Tree (Kalpataru) of the Heart Chakra.

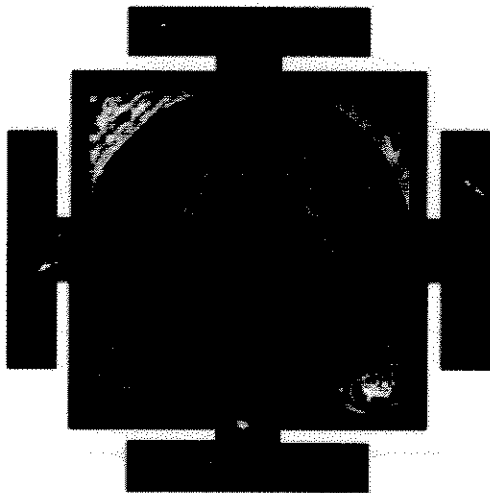
(This information is to the best of my understanding. If anyone has anything to add to it or finds incorrect information, please [email me](#).)



Articles

Coming of Age in the Heart

by Anodea Judith



The six-pointed star, made of two interlacing equilateral triangles, is the central image within the lotus of the heart chakra. The appearance of this symbol within the astrological configuration of January 23, 1997 may have much significance in terms of socio-cultural planetary changes occurring at this time. The following is a further explanation of the chakras, their evolutionary significance, and the meaning of the heart chakra in particular.

The heart chakra is the middle chakra in a system of seven. It symbolizes the two polarities of body and spirit as interpenetrating in perfect balance. The upward pointing triangle symbolizes matter rising into spirit. The downward triangle (similar to the ancient female symbol for birth) represents spirit descending into manifestation. To fully open

the heart chakra we need to bring into balance the various aspects of our existence, such as male and female, light and shadow, mind and body, practicality and spirituality.

It is my belief that the dawning Age of Aquarius heralds a socio-cultural age corresponding to the heart chakra. This era marks the importance of balancing the polarities of human existence within the dominating paradigm of the collective conscious.

But first let us look briefly at the pattern of cultural evolution through the chakras that has occurred thus far:

The period of the Paleolithic cave dwellers relates to the consciousness level of chakra one. Here we were bound without recourse by the cycles of the earth. Tribes roamed across the earth, lived in caves made of earth. We hunted and gathered, taking what the earth freely offered. Worship was of a monotheistic mother goddess, who symbolized the miracle of birth and the fecundity of earth. The beginning of this age is hard to fathom -- perhaps it had no true beginning, but is grounded in the survival instincts of the animal kingdom from which we have all emerged.

The dawn of the age of chakra two, (element water, oriented to sexuality and procreation) coinciding with the astrological age of Cancer (a cardinal water sign) was marked by the agricultural revolution and the beginning of ship building and travel by water, circa 10-8,000 BCE. Control of water through irrigation allowed communities to settle in one place rather than nomadically migrate across the land, and this new found freedom created a giant leap in cultural creativity. There were cities with thousands of citizens; great temples were built, with a proliferation of art and ritual, and written language toward the end of this period. Archeologists believe it to have been a period of relative peace and prosperity. Worship was of a polytheistic variety of nature gods, male and female, oriented toward the agricultural cycles (planting and reaping) and the life/death/rebirth cycle of human lives.

The age of the third chakra (element fire, oriented to power and energy) coincides with the astrological age of Aries (a cardinal fire sign), about 1500 BCE. At this time patriarchal forces controlled culture through warlike aggression and hierarchical domination, and with but few exceptions overthrew the peaceful agrarian communities that preceded them. With fire, we could forge metals, make tools, and make weapons. The male Sky Gods replaced the earth and vegetation deities, with the worship turning toward the sun, the storm (lightning), and war gods. The collective struggle of existence was oriented toward power and technology. Technology freed us up from survival demands one step further, allowing populations to continue to grow, with greater diversification of labor as well as class status. Patterns of domination and persecution created the need for both personal and collective power which played out in individuals, villages, cities, and countries. These patterns have persisted through the present day, with huge nation states, ever increasing technology, and simultaneous increase in "sophisticated" weaponry, such as nuclear warheads.

We have been in the latter parts of the third chakra stage through this century. Issues of power and domination, energy and control are central concerns on our planet. We are technologically advanced, but our technology is also destroying the earth. Energy resources are a premium issue in power dynamics, such as the Persian Gulf War fought essentially over oil reserves. Much is out of balance, with the mind favored over the body, technology favored over ecology, white over black, male over female.

The age of the heart chakra is an age where these archetypal elements come into balance. Here the warring aggressive drives begin to wane and peace and ecological balance become the predominant concerns. Balance between the sexes, between races, and within the Self through our conscious and unconscious, active and passive, spiritual and material aspects of our existence, are also elements of the heart chakra's general orientation toward equilibrium. Increased focus on spirituality, with a simultaneous honoring of the body and the earth, is an example of this interpenetrating balance that is emerging today through New Age movements, therapeutic trends in psychology, and popular literature. As the heart chakra corresponds to the element air, so too does the sign of Aquarius, which is also dawning at this time, both in 97 (Jan 23 is the cusp of Aquarius) and as a larger era.

The actual moment that a new age begins is difficult if not impossible to pinpoint. These are larger cultural shifts that take place globally through many different activities, cultures and events over a broad span of time. Yet we are now, for the first time, conscious enough to see the patterns that emerge and watch for signposts that herald significant turning points. I believe the astrological configuration of January 23, 1997 is just one of those important signposts.

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Welcome to Sacred Centers, the on line home of Anodea Judith. Available on this website is a lifetime worth of research and information. Please take the time to check out the book store, where 20+ years of research, wisdom, and knowledge is available to you.

Chakras

The word chakra is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column. In addition the chakras also correlate to levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, body functions, and much, much more.

Below is a brief description of each chakra. For more information refer to **history of the chakras, chakras and evolution, chakras and asana practice, chakras and illness, books, articles, and workshops.**



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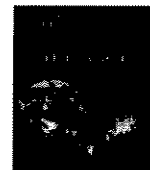
Petaluma, CA

March 23-30

Psychology of the Chakras

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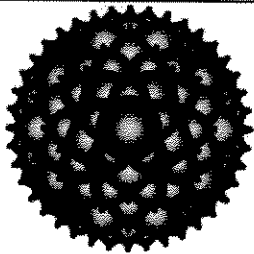
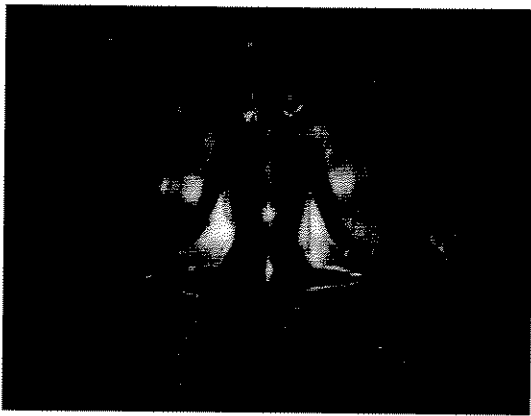


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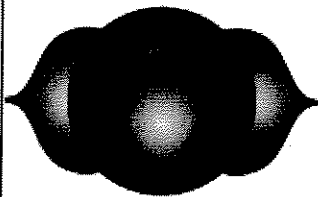


HOT OFF THE PRESS!

**Chakra Seven:**

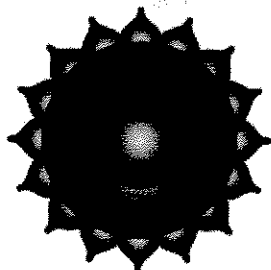
Thought, Universal identity, oriented to self-knowledge

This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.

**Chakra Six:**

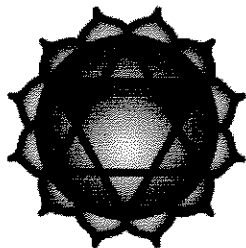
Light, Archetypal identity, oriented to self-reflection

This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us "see the big picture."

**Chakra Five:**

Sound, Creative identity, oriented to self-expression

This is the chakra located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language.

**Chakra Four:**

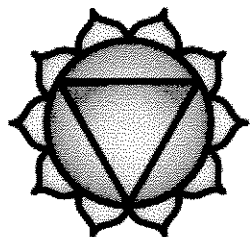
Air, Social identity, oriented to self-acceptance

This chakra is called the heart chakra and is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness

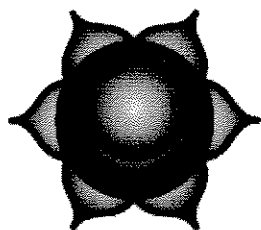
Chakra Three:

Fire, Ego identity, oriented to self-definition

This chakra is known as the power chakra, located in the



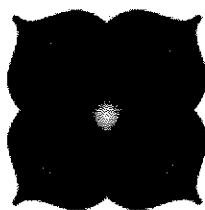
solar plexus. It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power.



Chakra Two:

Water, Emotional identity, oriented to self-gratification

The second chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change.



Chakra One:

Earth, Physical identity, oriented to self-preservation

Located at the base of the spine, this chakra forms our foundation. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security, and dynamic presence.

Chakra System

9 hours of instruction on how to use the Chakras for healing & personal transformation.



Beginner's Guide

Learn how to heal yourself using your body's own energy centers.



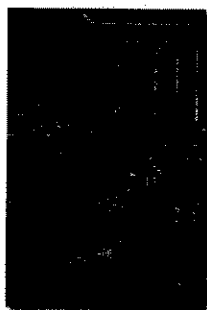
Wheel Of Life: A Journey Through the Chakras

Open your mind to an unforgettable journey on CD or Tape.


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What is Reiki?

The International Center for Reiki Training

A Brief Overview

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

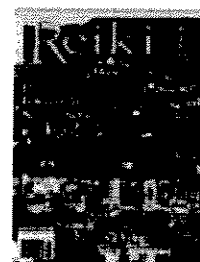
Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows

NEW



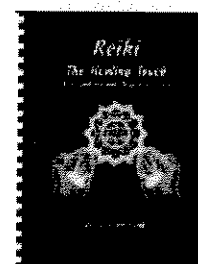
Reiki Tool Kit



Reiki News
Magazine



Reiki
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Reiki
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the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

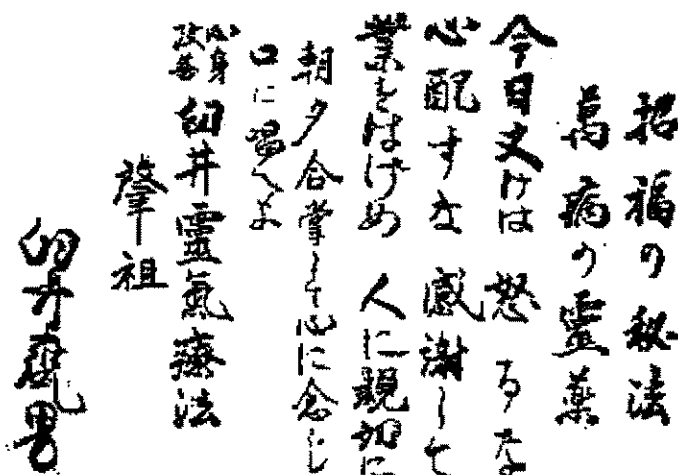
Its use is not dependent on one's intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.



[Reiki Master Manual](#)

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

While Reiki is not a religion, it is still important to live and act in a way that promotes harmony with others. [Dr. Mikao Usui](#), the founder of the Reiki system of natural healing, recommended that one practice certain simple ethical ideals to promote peace and harmony, which are nearly universal across all cultures.



During a meditation several years after developing Reiki, Dr. Usui decided to add the Reiki Ideals to the practice of Reiki. The Ideals came in part from the five principles of the Meiji emperor of Japan whom Dr. Usui admired. The Ideals were developed to add spiritual balance to Usui Reiki. Their purpose is to help people realize that healing the spirit by consciously deciding to improve oneself is a necessary part of the Reiki healing experience. In order for the Reiki healing energies to have lasting results, the client must accept responsibility for her or his healing and take an active part in it. Therefore, the Usui system of Reiki is more than the use of the Reiki energy. It must also include an active commitment to improve oneself

in order for it to be a complete system. The ideals are both guidelines for living a gracious life and virtues worthy of practice for their inherent value.

*The secret art of inviting happiness
The miraculous medicine of all diseases
Just for today, do not anger
Do not worry and be filled with gratitude
Devote yourself to your work. Be kind to people.
Every morning and evening, join your hands in prayer.
Pray these words to your heart
and chant these words with your mouth
Usui Reiki Treatment for the improvement of body and mind
The founder , Usui Mikao*

Reiki classes are taught all over the country and in many parts of the world. If you are interested in learning Reiki, please check the [class schedule](#).

[Introduction to Reiki Slide Show, Click Here](#)

[Learn to recite the Reiki Ideals in Japanese!](#)

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The International Center for Reiki Training

21421 Hilltop Street, Unit #28 • Southfield, Michigan 48033
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E-Mail: center@reiki.org • WebSite: www.reiki.org
WebStore: www.reikiwebstore.com

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How Does Reiki Work?

The International Center for Reiki Training

[How Does Reiki Work?](#)
[Do All Healers Use Reiki?](#)
[Reiki Can Never Cause Harm](#)
[Energy is Never Depleted](#)

How Does Reiki Work?

We are alive because life force is flowing through us. Life force flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in a field of energy called the aura. Life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

The life force is responsive to thoughts and feelings. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and cause a disruption in the flow of life force. This diminishes the vital function of the organs and cells of the physical body.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.

Do All Healers Use Reiki?

All healers use life force or Ki, but not all use Reiki. Reiki is a special kind of life force that can only be

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channeled by someone that has been attuned to it. It is possible that some people are born with Reiki or have gotten it some other way. However, most healers who have not received the Reiki attunement from a Reiki Master are not using Reiki but another kind of life force. People who already do healing work consistently report an increase of at least fifty percent in the strength of their healing energies after taking the Reiki training.

This was verified for me when I first began teaching Reiki. There were two clairvoyant healers I knew who had highly developed abilities. They could easily see the life force flowing through a person's body, as well as see the aura and chakras. They could also communicate with a person's guides and Higher Self. They were adept at moving negative psychic energy out of the body as well as channeling healing energies. In my twenty years of metaphysical work, they were the most accurate and effective psychic healers I had met.

They told me later they had doubted there was anything I was teaching they couldn't already do, but that they took the Reiki training anyway, simply to support me in my new work. After the attunement, they were amazed at the difference they could feel between the healing energies they had been using and Reiki. They said the Reiki energies were more powerful and of a much higher frequency. They noted also that Reiki didn't have to be guided like the other healing energies they were using, and that the Reiki energies began flowing without having to enter an altered state. They also indicated the attunement process itself was a powerful healing experience, releasing restrictions relating to their healing work they had unknowingly acquired when they were healers in past lives. They were very pleased they had taken the class.

Reiki Can Never Cause Harm

Because Reiki is guided by the God-consciousness, it can never do harm. It always knows what a person needs and will adjust itself to create the effect that is appropriate for them. One never need worry about whether to give Reiki or not. It is always helpful.

In addition, because the practitioner does not direct the healing and does not decide what to work on, or what

to heal, the practitioner is not in danger of taking on the karma of the client. Because the practitioner is not doing the healing, it is also much easier for the ego to stay out of the way and allow the presence of God to clearly shine through.

Energy is Never Depleted

Because it is a channeled healing, the Reiki practitioner's energies are never depleted. In fact, the Reiki consciousness considers both practitioner and client to be in need of healing, so both receive treatment. Because of this, giving a treatment always increases one's energy and leaves one surrounded with loving feelings of well-being.

For more on Reiki, see the back articles in our [Reiki News](#) section. Also, we have introductory books, manuals, and tapes available. For more information, visit our [Reiki WebStore](#) pages.

The above text is excerpted from *Reiki, the Healing Touch* by [William Lee Rand](#).

Rand, William. *Reiki, The Healing Touch*. Southfield, MI: Vision Publications, 1991.

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What is Crystal Healing?

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Tags: crystal healing, negative energy, balance chakras, crystals to use

By Brenda Martin

01 May 2007

This article has been viewed 1252 times.

"We have the power to make ourselves ill.
We also have the same power to make ourselves well"

People nowadays are taking more responsibility for their health and the way their life is going. Many have adopted ancient practices such as Crystal Healing, Feng Shui, Chakra Balancing, Colour Healing, in order to learn how to use their own inner resources to improve their health and well-being.

Holistic Healing

In ancient times, physical and spiritual healing were not separate, as they are nowadays. When a person was ill, they were treated holistically, meaning that the Physician would not consider the ailment, but the whole being - body, mind and spirit. They would look for any imbalance in the energy field (aura) of the person and treat them with the crystal or colour needed to bring their energy field back into balance. With their energy balanced once again, everything slotted back in to place and the individual healed.

If our energy is out of balance, we can experience different problems - ill health, lack of well-being, tiredness, depression, stress, lack of self-esteem, inability to cope with ourselves and our life, just not feeling good. Physical, mental and emotional discomfort is often just blocked energy in the body which creates imbalance in us.

Crystals and Healing

To be healthy, we are said to need a high rate of vibration in all areas of our physical and energetic bodies - cells, tissues, organs and systems. If something enters the body which irritates the system, such as a bad food entering our digestive system, or a stressful situation disturbing our peace of mind, the result is a slowing down in the normal vibrational pattern of the body which can cause dis-ease or illness. (Dis-ease is the body in a state of being 'not-at-ease'). We are then more susceptible to negative energies and harmful environmental influences which can invade us, and the cycle of poor health becomes self-perpetuating.

Crystals have been used for balancing and healing throughout the ages. As well as helping our healing process, crystals are valuable aids in helping us cope with daily life.

Each crystal and gemstone has its own vibration. The energy that they transmit could have powerful effects on the different energy vibrations in a human being and could therefore be used for balancing, harmonising and attuning body, mind and spirit. Through this balancing and attuning, they help us to heal ourselves.

Always care for your crystals. Cleanse them from time to time. Keep them protected in a pouch or other natural container. Never let them rattle around in your pocket with money or other things. Whenever you can, place them where they can capture some sunlight or moonlight.

Using your crystal

For physical, mental and emotional problems, and for your general health and well-being.

- Balance your chakras with coloured crystals
- Place crystals within your aura, in your pocket or around the room
- Wear your crystals

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Crystals for Home and Office

Crystals can help to calm, soothe, relax, energise, heal, resolve problems, dispel negativity, balance, enlighten, uplift, relieve stress, inspire and influence growth. Here are some ideas:

Entrance hall

The entrance hall is where you welcome people into your home. A bowl of assorted crystals in different colours would be warm and welcoming.

Sitting room

Harmony and relaxation: rose quartz
Stimulating and enlivening: citrine
Cooling: sodalite, blue howlite and turquoise
Healing and energising: calcite, clear quartz

Dining room

Romantic dinner: blue and green stones: turquoise, blue howlite, aventurine, aquamarine
Business lunch: yellow stones: citrine, tiger's eye, amber, yellow calcite

Kitchen

The kitchen is the heart of the home. Good energy here will touch all areas of your home. Use colourful crystals, especially in the window areas. Carnelian, red jasper, rose quartz, garnet and ruby are good examples.

Bedroom

Love: green and pink stones: rose quartz, rhodonite, aventurine, amazonite, chrysoprase
Restful sleep: green stones: jade, aventurine, emerald

Study

Creativity, self-expression: lapis lazuli, aquamarine, turquoise, sodalite
Stress and electromagnetic pollution: fluorite, amethyst, clear quartz
Concentration: citrine, clear quartz

Handbag

Select only those crystals you particularly need for the way you feel at the time. An assortment of crystals rattling around in your handbag will do nothing for you. Place them in a pouch for protection and keep them within your aura.

Author: Brenda Martin

Brenda Martin is the founder of Feng Shui Harmony and the School of Natural Health & WellBeing, which offer on-line and postal distance-learning courses, consultation and advice services. She is an international feng shui teacher and consultant accredited with the Feng Shui Society and specialising in holistic stress management. Her work encompasses feng shui, clutter clearing, crystals, colour, natural sleep and chakras. She writes editorials for magazines, and does lectures, workshops, feng shui and clutter-clearing consultations in the UK and Portugal.

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Please use this form to contact Brenda Martin

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Crystal Light Therapy

Vibrational Healing for the Millennium

The Subtle Bodies and the Seven Chakras

By Patricia J. Huff

Man has been using crystals to heal himself since ancient times. Egyptians ground lapis lazuli and made a poultice to use as a protection for their eyes. Up to the beginning of the nineteenth century, gemstones were sometimes used as medicines against illnesses. The mere presence of the stone was sufficient to affect a cure; the gem was placed on the afflicted part of the body; or the stone was powdered and eaten. Even today, calcium tablets made out of powdered pearls are sold for medicinal purposes in Japan. Crystals are also an integral part of lasers and their use in microscopic surgery. In Arkansas and in Brazil, some of the largest and highest frequency crystals are being mined for the manufacture of microchips used in computers, watches and ultrasound devices. The microchip, an important component of the computer is pure silicon dioxide - quartz crystal. Crystal healing is experiencing a rebirth and will, as destiny dictates, prove to be the most powerful method of healing not only for the body, but also in relieving ailments of the mind and heart that cause physical disease.

My approach to the use of crystals in healing is to place the crystals on the patient's body, vibrating the crystals

through toning, thereby raising the frequency levels contained within the crystals, and subsequently transforming the negative energy which is at the root of most disease, into positive harmonized energy. It is this tendency of crystals to balance energy that provides the mechanism for transformation and magic. When energy passes through a natural crystal, it becomes harmonized, creating a perfect balance of energy. Crystals are capable of aligning energies from the physical body (mundane) to the subtle bodies (aura). This inherent characteristic of quartz crystal allows one to treat a number of bodies, i.e. the physical body, the electromagnetic body, the etheric body and the astral body.

The human being actually consists of the following bodies: the physical body, which can be seen and touched; the electromagnetic body, which stretches outward four to five centimeters around the physical body. The presence of the electromagnetic body has been proven scientifically and can be seen through the use of Kirlian photography. The third type of body is the etheric body that can extend about twenty centimeters around the physical. The etheric body reveals the more profound



and more constant characteristics of the physical body. In it are stored the experiences and beliefs which have been lodged in this body due to accidents, trauma, and shock. These experiences can be manifested in the etheric body through past, present or even future lives of the individual. These stored energies can create disease within the soul and the physical body. It is my belief that healing does not begin in the physical body but rather in the subtle bodies of which the physical is only a reflection. The fourth body, the astral body extends thirty to forty centimeters out from and around the physical. The aura is the combination of the three subtle bodies.

Another important aspect integral to the understanding of Crystal Light Therapy is that of the chakras. Chakras are energy centers where the aura receives light and energy from the Universe and channels it to the physical body. The chakras are situated between the physical and the etheric bodies. There are seven main centers of energy or chakras. The first, or root chakra is located between the anus and the genitals and corresponds with the color red. It is where the intuitive creative energy of the body and spirit resides. The second chakra is located at the base of the genitals and corresponds to the color orange. This is where emotional/sexual energy is stored. The third is located in the solar plexus and corresponds with the color yellow. This center is where the ego and human will are active. The fourth is located near the heart, either in the middle of the chest or closer to the right and corresponds to the color

green. This is where the soul resides. The fifth is in the throat region and corresponds to the color blue. All of our communications are expressed from within this center. The sixth is located slightly behind the space between the eyebrows in the middle of the forehead and corresponds with the color purple. This is the home of our spiritual or awakened eye that allows one to see through the veil of illusion. The seventh is located at the top of the head and corresponds with the color gold. From this center a connection with the Divine is made and a sense of oneness can be established. All the bodies are connected to each other through the chakras. By clearing, balancing, and aligning the chakras with the aura and the physical body, one is able to experience their true Divine nature and the resultant feeling of harmony. This is the function of Crystal Light Therapy.

Scientifically, we prepare precisely made slices of crystal to compress mechanically sending off an electrical charge. In compressing the structure we are pushing the atoms slightly closer together and freeing the outer energy shell electrons from the necessity to bond quite so tightly. As we do, these electrons are freed from the outermost shell and move to the surface of the crystal. This transfer of electrons from one shell to another is also connected with quantum light physics. If we strike a crystal with a mallet, again compressing the structure momentarily, what we observe is a visible flash of light. What we do not see is that the crystal has also given off a burst of electricity - piezoelectricity. It is also possible to reverse this



process. Rather than compress the crystal to give off electricity, we can put electricity into the crystal to cause a momentary expansion of the structure forcing the atoms back to their original position. This alternating expansion and contraction of the crystal structure is the vibration or frequency and is measurable in vibrations per second.

Treating the person as a "whole" being is what happens in this therapy. A "Wholistic Crystal Healing Massage" begins with an Ancient ritual called "smudging". This cleanses the aura of energetic debris and creates a safe and sacred place to do healing work.

One is then led on a guided imagery experience to connect with the Universal Divine energy source and journey through all the seven major energy centers. Crystals are placed on your chakras and then vibrated by a process called "toning". This energizes the frequencies of the healer, client, and the crystals allowing the transformation of energy to take place. By vibrating the crystals, one's awareness is expanded, freeing the person of negative conditions within the aura. When energy passes through a natural crystal it becomes harmonized, creating a perfect balance of energy. It is this tendency to balance energy that provides the mechanism for transformation and healing.

Crystals are particularly responsive to music, sound waves produced by the compression of air. "Toning" which is a series of sounds that is used extensively in the Crystal Light Therapy vibrates the crystal adding frequency or

"piezoelectricity" to the aura of the person receiving the treatment. Using crystals to treat or remedy human affliction on whatever level means to raise the frequency level or vibratory rate of the crystals being utilized at that moment. This will enable the energy of the crystal to penetrate the human aura, thus absorbing and realigning the energy.

By raising the vibratory rate of the frequency of the crystal, the amplification and filtering qualities of that crystal are opened up for means of transforming energy. This is the magic of crystals both scientifically and spiritually; to take in energy and release it is perfect harmony.

In the heart and mind of God there exists a spark of light or consciousness that is the positive force forward in the act of creation. It is up to each and every individual soul to realize this spark and to activate it in their lives. This is the purpose and function of Crystal Light Therapy.

www.imperialfengshui.com

WHAT IS FENG SHUI? KWAI LAN EXPLAINS:

Feng Shui means "Wind & Water" and is the ancient science of balancing the elements within the environment.

Feng Shui is actually pronounced as 'Fung Shway' in Chinese. Feng means wind and Shui means water. The ancient Chinese scholars discovered that wind and water affect our environment and well being. Weather is created by the changing of temperatures, which is caused by the rise and fall of the sun and the moon. This is how yin and yang chi is formed which creates the environment we live in. Both wind and water react to change of temperatures, landscape & the motion of the earth.

A good environment enhances our well being. A bad environment will cause illness. Landscape and river flow are taken into consideration when a Feng Shui consultation is carried out - The landscape can affect the flow of a healthy or a bad life force (chi or energy). It all depends where the house is located and the direction it faces. If the house is in alignment or in rhythm with the landscape, a good healthy life force is created. Good healthy chi will enter the house which will make the occupants vitalised and alert and enable them to make the most of good opportunities that happen around them. Good chi will bring them good health, relationships and prosperity.

On the other hand, if the house is not in alignment with the landscape, then healthy chi cannot be led into the house. The occupants of this house will always feel tired and become lethargic, irritable, forgetful and lose concentration. Worst of all, the occupants may become ill and could miss good opportunities due to the lack of sleep or illness.

This is why we can sometimes feel good in one house and feel uncomfortable in another.

As you may have noticed with modern living, the forces of the sun, wind and water are used to produce electricity. The landscape of our surroundings has become concrete buildings and the rivers are now represented by roads. Today, Feng Shui has been adapted for modern living. Some businesses begin to collapse soon after a road, a bridge or another building is built because a change of traffic or landscape of buildings could transform an area from good to bad or from bad to good. It would take an expert Feng Shui eye with years of experience to identify whether the area is good or bad. Some Feng Shui practitioners with expertise may be able to transform a bad into a good area with the help of reconstruction.

We are all aware of the elements that surround us, metal, water, wood, fire and earth. Our environment and the movement of the stars, which create the motion of energy (chi), can affect us. The changes of the four seasons can also affect the strength of the energy around us.

This energy force is invisible and it is sometimes hostile. It is like the frequency of a mobile phone or a television. Sometimes it gives us disturbance or good reception in certain areas. Using the ancient science of trigrams (which are similar to the binary codes used by computers) after several processes of calculations we can obtain the exact locations & directions of the good & bad invisible energy.

The negative energy affects at least seven areas each year. The good and bad energies move from one location to another every year. There are also energies which stay constant for 18 -27 years depending on the location & direction of the house. Feng Shui skills can be used to identify and use the auspicious and inauspicious areas.

Life is too short, so when we have a chance to change the quality of our lives and progress to something better using Feng Shui, why struggle?










It would be so easy to end up wasting our lives not knowing there are good and bad areas that can be utilised to help us progress. When a house receives good healthy energy, the occupants will be alert, vitalised and live longer and will enjoy many other good fortunes and happiness.

Due to limited space in our homes, we sometimes can't avoid the negative chi. This is when Feng Shui skills can be applied to turn the chi to our advantage. It is more accurate if we know how to calculate where the chi is, it **takes more than moving furniture around**. Recalculation is also carried out from time to time and reconstruction of building is sometimes required in order to make accurate alignment with the healthy energy created by the motion of the planets.

Some houses contain stagnated chi due to the wrong alignment of the site, door location and direction. This will prevent the occupants from making progress in life and they will suffer financial problems. The occupants will also face difficulties in selling the house or business. We have seen that if the existing house contains a healthy chi, the occupants will buy another good house. If not, the occupants will be unable to make a correct decision and normally end up getting a worse house than the original.

Originally the Chinese Emperors made use of Feng Shui skills to win wars. The formulae were later disguised and the secrets hidden inside the formulae. Feng Shui was first used by the emperor but the knowledge was later leaked out to the commoners. Feng Shui was mostly applied to avoid the bad energy force and make use of the healthy chi to improve well being. In ancient time obtaining good health was the most difficult thing to achieve. This is something we take for granted in the twentieth century. Once we can steer away from the bad energy, we can then have good health, prosperity, relationships and happiness.

Feng Shui Masters today still consider health to be more important than wealth. Without health there will be no wealth.

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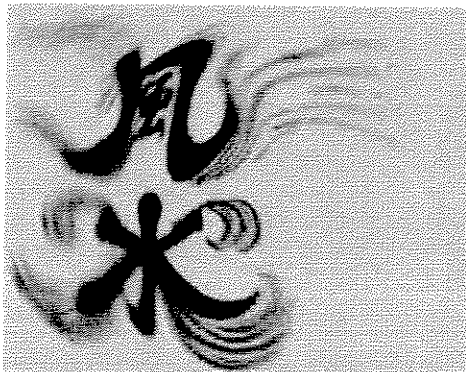
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What is Feng Shui?



Feng Shui and the Spirit of Change

by Stanley Aaga Bartlett



There is a new spirit of change evolving around us called Feng Shui (pronounced fung shway). This ancient Chinese philosophy of creating harmonious environments is now becoming almost a household word with even Donald Trump talking about the use of Feng Shui for his New York high rises. TV, newspaper, magazines, radio, and books all abound with this latest and hottest new fad; or is Feng Shui something more permanent?

Let us first explore what it is. Feng Shui teaches us how to create harmony and balance around us. We say "as goes our environment

so goes us" and vice versa. This means that if we pay attention to our environment then we will find ways of creating different realities in our lives. Literally translated from Chinese, Feng Shui means wind and water. This is actually an inadequate interpretation due to the complexities of translating Chinese calligraphy into English. A few symbols in Chinese can tell an entire story. Upon further study we find that Feng Shui is an expression of the oneness and interconnectedness of all things on all levels and all dimensions. This is a key concept in understanding how our essence relates to everything else around us including our environment. As one begins to sense this oneness we then find that it is possible to gather insight from looking at our environment with "larger eyes". We often say that Feng Shui teaches us what we already know.

When you enter an environment your internal computer gathers vast information about our surroundings. Perhaps it is telling you that the front door entrance is constricted and dark, the colors inside are dark and not very balanced and the wall is too close to the entrance as you walk in and it is compressing your energy field. You might also notice the earth energies are depleting your Chi on one side but on the other side of the room you sense that the earth energies are much more supportive. As you continue on your discovery into this space you tune in to the electronic pollution emanating from the electric powerline and transformer just outside the bedroom wall and it makes you feel somewhat irritated. In addition you now realize that the air quality is not too good and that your nose feels irritated and you are about to sneeze. You are also distracted by another irritant as you realize that there is some energy around that makes you feel like there was an argument in the house recently. Most of this awareness is processed deep within your subconscious. The goal of Feng Shui is to help us use this information to arrange our reality in more harmonious ways. Many wonderful stories exist of how people have used these teachings to bring health, prosperity, and good fortune to their lives.



One story often shared by this author is about a woman who lived alone in a house where she had been for 19 years since the death of her husband. She was experiencing health issues, relationship deprivation, a lack of money, and an inability to achieve success in her career as an actress and theater director. She was stuck in survival and forced to accept menial jobs and was even experiencing difficulty securing regular menial work. She had read a little about Feng Shui and called us to see if we could be of help. Early in our consultation together it became clear that one of the major issues for her was clutter and debris in her home. She was a collector of antiques, books, baskets, and various other objects that were so numerous that it was difficult to move about the house or find a free space to sit. She knew enough about Feng Shui to know that the placement of furniture etc. was really important. She kept asking where she should move this or that, but soon we came back to the core issue: why was it that she was creating this reality around her?

She began to understand that on some level she was surrounding herself with things out of a deep fear of lack of. Somehow it felt safer if she kept lots of things around her. It also became clear to her that there were emotions hidden behind all these things that she had not been willing to look at for a long time. Come to think of it she was really wanting to become a theater director and was deciding that she was ready to meet a man in her life. Of course it was time to create more income for herself, too. So we did an energetic clearing of older denser energies to help her remove her attachments to physical things and then we left with plans to return in a week or two once she had cleared out some of her clutter and debris.

A few days later she called us and said she thought it was interesting that since our visit the phone had been ringing with calls from employers offering her work, albeit menial work. A little more time passed

and she called again to say she was noticing that men were starting to pay attention to her and she did not know how to deal with these changes. She planned a lawn sale and did well, selling and giving away several items. It was starting to feel quite different in her home.

We then returned to her home for more Feng Shui work and helped her open up the energy flows in her living space and repositioned her desk in her office area. A mirror was placed in her bedroom to help redirect the energies there so that while she was in bed she could clearly see the doorway opening. We did more counseling about the relationship of the possession of things to her life's experiences.

Sometime after our second visit she called back again, quite excited. She said that she had just received a call from an old friend who had been a very successful theater director in New York and then lost it all. This friend was now ready to make it big again and wanted to know if she would be interested in joining her on the ground floor as an assistant director and then climbing to the top with her. A few days later she announced that she had decided to follow spirit and move to New York. She since reports that things are going very well. Romance is in, career is great, and the body is much healthier. This story is just one of many wonderful experiences that people are having with the use of Feng Shui.

One powerful way to start using the principles of Feng Shui is to first hold the image of the perfect environment in your mind. Such an image might elicit a feeling of love, protection, and perfect harmony all around you. When you near the entrance to your driveway you begin to get this feeling that it is really good to be coming home. Notice how beautiful all the trees and animals are--so free and happy. Upon opening the front door your heart opens wide with this overwhelming feeling of love and harmony. The inner entrance contains a beautiful fountain with the sound of gentle flowing water. A place for everything and everything in its place takes on new meaning as you realize that you have completed the process of freeing yourself from everything you no longer need and want.

Now as you walk into the living room you realize how perfect everything is. That one chair in the corner is your favorite. In the center of your high ceiling living room is a beautiful octagon shaped parquet floor that radiates energy in all directions. The natural sun fills your home now-- warming and rejuvenating you after a long drive home. The beautiful balanced use of colors throughout resonates with the gorgeous plants welcoming you as if they are truly happy that you are home. You realize that this place you call home has become so nurturing to you that you now carry this memory in your consciousness with you even when you are away traveling. It has given new meaning to the phrase home is where the heart is.

Now double check this image against your current reality. Do you find perhaps that you have too much stuff around you or that the furniture that you have is old hand me downs that you never liked but "they were free". Or is it the books that you have been holding on to for years because they are "collectors items"... "resource library for others"... "still reading them". Each of us chooses unique ways to learn our lessons in duality, the 3-D reality. Feng Shui teaches us that less is more and getting rid of the old makes room for the new. Do not accept lack of money as an excuse for why you do not surround yourself in perfection and beauty. Money is simply a form of energy and exchange. Many who complain of a lack of money often are out of balance with the natural flow of giving and receiving and so they have no money but they have lots of possessions (holding on). When you free yourself of the holding on or attachments to your things, then you often find that you start to receive in abundance from the universe.

Those things that you need and want can come in many different ways. Perhaps you decide it is time to get a new dining room table and chairs but you perceive that you do not have the money to pay for it. Try first finding something in your house that you no longer need and can sell or trade. Then give the clear intention that you are ready to create that perfect dining room table and chairs. Do not try to figure out how it is going to manifest because you may be interfering in the process or limiting the

possibilities. Perhaps it will come as a gift from someone who has a set that they no longer need and it is taking up space. This author once had someone give him a beautiful 4' x 8' oak table with 10 chairs only 2 days after doing the above. The donor of the dining room table and chairs offered that she would take a cosmic IOU in payment ! Avoid setting limits for yourself by saying you can not afford something.

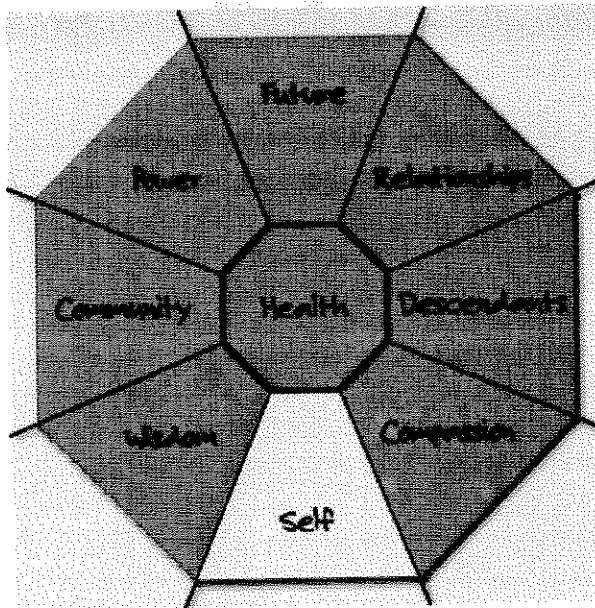
When you have decided that you can create what you want and need, here are some self help items that you can begin with:

1) Clutter and Debris: Get rid of the old and make room for the new. Less is more!

2) Fix and Repair: Windows are the eyes of the Chi (life force energy) and affect ones clarity, so replace broken glass panes and clean the windows; plumbing represents our digestive system so repair those leaky faucets and clogged drains; the electrical is our neurological system so tend to your electrical needs; HVAC heating ventilation and air-conditioning represents the lungs and breathing so make sure that the ducts are clean and free of bacteria, and replace the standard air filter with a HEPA filter which is much more effective; a sticking door can contribute to tension between partners in the home so ease a tight fit.

3) Stove: If your back is to the door or entrance into the kitchen while you are cooking then install a mirror behind the stove. This helps to create a more balanced environment for the chef. The energy of the chef is imparted into the food so for this reason we pay special attention to the stove. Also be sure and rotate your use of each burner as this is important for prosperity.

4) Master Bed: Place the master bed in the position with the most commanding view of the bedroom door. We spend about 1/3 of our lives in bed in an open vulnerable state and so it is important that this area be supportive to our being. Our relationship to the doorway into the bedroom is important because the door is the mouth of the Chi (life-force energy).



5) Front entrance: The main entrance to the house or building is the main mouth of the Chi. This is where symbolically all the Chi enters the building. It is important that the main entrance be clear, open, and well defined. Make sure that there is a clear even path to the front door and that the hedges are trimmed back. The main entrance is also used for the positioning of the BaGua, an octagon, which is superimposed on the foot print of the house.(See diagram) From the BaGua we are able to discern much useful information about the environment and lives of the occupants. It is a powerful tool used to correct imbalances.

6) Lighting: Make sure that there is adequate natural lighting as well as artificial lighting throughout the building. Use full spectrum lighting (found at health food stores, they are light blue/purple on the outside) in key areas where you spend time and then you can mix in

super energy efficient low wattage fluorescence for energy conservation. These use only 15 watts of electricity for 60-70 watts of output and they last a long time. Many local power companies offer these at subsidized rates.

7) Embrace your environment: Embrace your environment as if it were a part of you which it is! For those who are more sensitive to energies there is more that can be done. Begin by clearing any old denser energies from the environment by using sage, incense, candles, chimes, or just by singing and dancing throughout the environment with clear intention. Fill your environment with love and light. This can be done as often as you feel is useful but in particular should be done when first occupying space or after some trauma has occurred. Environments sometimes do hold onto old energies from previous occupants so it is helpful to clear them.

Feng Shui also has a way of using colors to create balance. There are several philosophies about color but they are all based on the principle that every color has a unique vibrational frequency. Feng Shui seeks to have all colors in harmonic balance with a representation of each of the primary colors in your space. This might be thought of in a similar way to the 7 colors of the chakras, red, orange, yellow, green, blue, indigo, purple. It is fine to have white walls and then balance out the colors with the rugs, pictures, chairs etc. Avoid too much of any one color such as a brown floor, brown walls, brown ceiling, etc.

Feng Shui stresses the importance of integrating the practical/tangible issues with the transcendental/intangible aspects. The practical/tangible aspects include such issues as color, placement of furniture, lighting, doorways, floor plans, electrical pollution, air quality, etc. The transcendental/intangible aspects are beyond intellectual understanding and involve mantras, mudras, and visualizations to affect change in our environment. It is important to combine practical aspects with transcendental aspects for maximum results. Considering only the practical aspects of Feng Shui might be 40% effective in creating harmonious space, however when the practical is combined with the transcendental then it may have a 140% effectiveness. Knowledge of these transcendental aspects allows a Feng Shui Practitioner to see through our environment what we are unable to see in ourselves

Everyone can learn to connect with their environment in more whole ways and it is time for us to do so. We can no longer continue to abuse the environments. Feng Shui is becoming popular not as a fad but rather as a universal truth. Many are finding ways of explaining what was done intuitively in the past or why other things have not worked so well. The time is now! This is our wake up call.

<u>What is Feng Shui</u>	<u>The History of Feng Shui</u>	<u>Home Design: The Art of Living</u>	<u>Office Design: The Art of Working</u>	<u>The Basic Steps</u>
<u>Try Feng Shui in the Workplace</u>		<u>About Us FAQ's</u>	<u>Products & Services</u>	<u>Contact Us</u>

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Transform Your Home
 Into A Personal Paradise

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MEMORANDUM

To: Planning Commission
From: Jared B. Anderson, Town Planner
Date: March 19, 2008
Subject: Moving or Mobile Billboards

At the February 21, 2008 Special Council Workshop for the Sign Ordinance the issue of Moving (or Mobile) Billboards was discussed. The Council requested that the Planning Commission review this type of advertising and discuss their possible affects on the Town.

These types of signs have been the subject of debate in many municipalities around the Country. One municipality in close proximity to Chincoteague that has recently addressed Moving Billboards is the City of Virginia Beach. Enclosed in the packet are a series of newspaper articles that address the issue and how it is being played out in Virginia Beach. Also included is the section of the Virginia Beach City Code that the mobile signs are in violation. In addition there is an article from Atlanta (Gwinnett Daily Post) that describes some of the potential problems with these types of signs.

Listed below are two websites that give information on mobile sign trucks:

http://www.ahrcommunications.com/admobile_outdoor_advertising.htm

<http://www.mobilemastertrucks.com/index.php>

City of Virginia Beach Code

ARTICLE I. IN GENERAL

Sec. 3-1. Definition of "billboard".

The word "billboard", as used in this chapter, shall mean a frame or structure erected or constructed primarily for the display of advertising by painting, plaster, poster or other covering which shall display any advertising matter.

(Code 1965, § 3-4)

Sec. 3-2. Signs and billboards prohibited in certain area; exception.

It shall be unlawful and a Class 1 misdemeanor for any person to have on display for advertising purposes any sign or billboard, attached either to a building or to the land, on the ocean front commonly known as Ocean Avenue in the city in the area between Fortieth Street and the southern limits of the city, except a sign displayed for the identification of the immediate premises.

(Code 1965, § 3-5)

Sec. 3-3. Signs and other advertising devices in public rights-of-way.

(a) No person shall erect, place or maintain any sign, billboard or other advertising device in the public rights-of-way in the city; provided, however, that this provision shall not be construed to apply to official traffic control, directional, special safety delineators, origin and destination signs and signs approved by the city manager, in conformity with the standards established by the city manager.

(b) The enforcement of this section and the control of signs, billboards or other advertising devices on the public rights-of-way shall be under the direction of the city manager, who shall have the authority to order the removal of all signs, billboards or other advertising devices determined to be in violation of this section. If, upon such an order, the sign, billboard or other advertising device in question is not removed by the owner within a reasonable time, the city manager shall have authority to remove the sign, billboard or other advertising device in question and the expense of such removal shall be charged to the owner.

(c) A violation of any provision of this section shall constitute a Class 1 misdemeanor.

(Code 1965, §§ 3-11, 3-12)

Sec. 3-4. Scattering advertising matter.

It shall be unlawful and a Class 3 misdemeanor for any person to scatter or cause to be scattered, on the streets of, or in or about any lot or yard in, the city, any sample, handbill, dodger, circular or other paper or advertising matter or device that litters the streets and premises in the city.

(Code 1965, § 3-1)

Sec. 3-5. Placing advertising matter in parked vehicles.

No person shall place or cause to be placed handbills, cards or posters or other advertising matter on or in motor vehicles parked on the streets of the city or in driveways or in any parking areas, public or private, within the city. A violation of this section shall constitute a Class 3 misdemeanor.

(Code 1965, § 3-2; Ord. No. 1662, 11-24-86)

Sec. 3-6. Operation of vehicle for display or announcements or advertisements.

(a) No person shall drive or operate, on the streets of the city, any truck, van, wagon or other vehicle for the purpose of displaying any announcement or advertisement.

(b) This section shall not apply to business notices upon ordinary business trucks, vans, wagons or other vehicles, so long as such vehicles are engaged in the usual business or regular work of the owner and not used merely or mainly for advertising.

(c) A violation of this section shall constitute a Class 3 misdemeanor.

(Code 1965, § 3-3)

Cross references: Prohibition against stopping vehicles for purpose of advertising or displaying advertisements thereon, § 21-365.

Sec. 3-7. Use of radios, amplifiers, etc., on vehicles for advertising purposes.

(a) The use, in, upon or attached to any motor vehicle operating on any street of the city, of any radio, phonograph, musical instrument, bell, whistle, loudspeaker, amplifier or device of any kind whatsoever whereby sound therefrom is cast upon any street to promote or advertise the sale of goods, wares or merchandise, or for the purpose of advertising auction sales, sporting events or other businesses or things advertised thereby, is prohibited.

(b) The provisions of this section shall not apply to motor vehicles driven in a duly authorized parade. The use of a loudspeaker on a motor vehicle for making auction sales in streets directly in front of the property then being sold, and entirely outside of the business districts of the city, as such districts are defined in section 4-2 of this Code, shall not be construed as a violation of this section, when such use is limited strictly to the selling at auction of such property.

(c) A violation of this section shall constitute a Class 4 misdemeanor.

(Code 1965, § 22-28)

Secs. 3-8--3-20. Reserved.

Publication: The Virginian-Pilot; Date: Oct 7, 2006; Section: Front Page; Page: 1



VIRGINIA BEACH

CITY WANTS TO PUT BRAKES ON MOBILE ADS

Ban is unconstitutional, owner of Admobile says

BY DEIRDRE FERNANDES THE VIRGINIAN-PILOT

VIRGINIA BEACH — The Admobile is designed to get attention, roving the city's busiest streets with flashy signs that flip every few seconds.

But the advertising truck has attracted some unwanted attention in Virginia Beach, where billboards are as unwelcome as hurricanes during tourist season.

Now the owner of the local Admobile, AHR Communications, is embroiled in a legal dispute with the city over the truck.

Virginia Beach zoning administrators cited AHR in March for violating the city law that bans signs on vehicles that are primarily used for advertising.

In June, the city's Board of Zoning Appeals upheld that citation. Now the company is appealing to Circuit Court. The company says the city's law is unconstitutional.

"We were doing what a lot of other people were doing in the country," said Elaine Cayton, president of AHR, who co-founded the company in August 2005. "We didn't dream this up."

The company also has trucks in Norfolk, Chesapeake and Newport News and has encountered no problems in those cities, Cayton said.

Virginia Beach has a longrunning policy against outdoor advertising. In 1987, the city banned new billboards, and it has successfully defended its ordinances in court.

"We've taken a strong stand on billboard and signage," Councilwoman Reba McClanan said. "I'm not interested in trashing our city."

Councilman Bob Dyer said he sees no problem with the Admobile. He noted that Hampton Roads Transit buses are plastered with ads, as are the city's own Oceanfront trolleys.

"We're constantly surrounded by advertising," Dyer said. "Personally, it's not a major deal."

Initially, other city officials agreed.

The office of the city's revenue commissioner issued AHR a business license in August 2005, and city zoning officials signed off on it. In May, the Virginia Beach school division agreed to a \$3,500 contract with AHR for a month of advertising about school bus safety.

That contract was reviewed by the city attorney's office, said Nancy Soscia, city schools spokeswoman.

"We weren't aware there was an issue," Soscia said. "What better tool to use than a truck that's driving around in traffic? That's our target. We wanted motorists to see our message."

The ads, which called on drivers to slow down and drive with caution because "your child could be on board,"

appeared in August and September.

Karen Lasley, the Beach's zoning administrator, said giving zoning approval for the business license was a mistake. "If we make an error, we still have to do our job and enforce the ordinance," Lasley said.

She also questioned the comparison of AHR's trucks and HRT buses.

Buses and trolleys mainly ferry people around the region. The Admobile carries 12 ads that rotate every eight seconds. The company occasionally does courier work for local businesses and the food bank.

"To us, it's primarily for advertising purposes and therefore wouldn't be allowed in Virginia Beach," Lasley said.

Admobiles have encountered similar zoning problems in other states, including South Carolina and Texas.

For now, though, the Admobile still is cruising Virginia Beach streets. So far, there are no court dates to hear Admobile's two lawsuits.



VICKI CRONIS/THE VIRGINIAN-PILOT Elaine Cayton is co-owner of the company that operates the Admobile, which carries 12 ads that rotate every eight seconds .

Publication: The Virginian-Pilot; Date: Oct 15, 2006; Section: Commentary; Page: 97



Unfair brake on rolling signs

Virginia Beach City Council member Reba McClanan describes its business as trash, but what really smells is what the city is doing to Admobile, a company with roving billboards.

Last year, Admobile played by all the rules and obtained a Beach business license for its two advertising-encased light trucks. On the basis of the city's OK, the company made good-faith investments in equipment, hired employees and made commitments to customers.

These are not low-rent businesses with comeon messages. Its clients include Children's Hospital of The King's Daughters, the Virginia Beach School Board, the U.S. Army, the Virginia Beach Rescue Squad and the Virginia Arts Festival. Hardly trash.

But now the city is trying to take the wheels off Admobile. It has been flagged by zoning inspectors for doing what it was licensed to do — with the full blessing of the zoning department — in 2005.

The zoning office has decided that giving Admobile a business license was an error. It says the company violates an ordinance banning signs on trucks that are used principally for advertising.

It is not at all clear what incremental public benefit is so significant to warrant the distinction between advertising that's "principal" or merely "secondary." Where's the fine line drawn and is it clear enough to be fairly enforced?

By comparison, the public purpose behind the city's popular ban on billboards — community aesthetics — is obvious and simple to police. The mobile sign ban is neither.

Admobile appealed — partly on grounds that it also uses the trucks for a courier service — but lost. Then it sought relief from the City Council and got nowhere. The stalemate means the dispute will be fought in court, at even more needless expense to Admobile.

"We've taken a strong stand on billboard and signage," McClanan told Pilot staff writer Deirdre Fernandes, echoing the council majority. "I'm not interested in trashing our city."

More than likely, the council can prevail in court by insisting its hands should not be tied by an honest mistake. While the city might deserve legal absolution, it's unfair to make Admobile suffer the consequences without a better remedy.

Even worse, Admobile will be punished for doing what the municipal government of Virginia Beach both condones and underwrites. The city straps paid advertising all over its Oceanfront trolleys. And it uses tax dollars, some no doubt paid by Admobile's owners, to subsidize HRT buses. The advertising that's shrinkwrapped around those buses is even more imposing than what's displayed on Admobile's panels.

Isn't HRT's principal purpose transportation, not advertising? Perhaps, in the abstract. But the truth is that HRT buses carry so few passengers in Virginia Beach that it could be reasonably argued that they're nothing more than advertising ferries and thus in violation.

McClanan worries that unless the city draws the line on Admobile, every truck and van will soon be draped in gaudy and distracting signage.

There's merit in that concern. But if Virginia Beach can't come up with a more defensible way to regulate mobile advertising, then the ordinance should be scrapped.

Publication: The Virginian-Pilot;Date: Oct 26, 2006;Section: Hampton Roads;Page: 26



OBJECTION!

Your defense of the Admobile doesn't make scents

Your editorial "Unfair brake on rolling signs" demonstrates a remarkable lack of understanding of the city's vehicular sign ordinances and the distinction they make between advertising on ordinary business vehicles and those, like the Admobile, that are nothing more than moving billboards.

The two Virginia Beach ordinances prohibiting Admobile-style advertising (i.e., signs on vehicles whose primary purpose is to display advertising) have been in existence for more than 20 years, and are similar to ordinances adopted by many cities.

Had you given any real thought to why Virginia Beach is enforcing its ordinances, you would surely not have breathlessly described the city's action as one that "really smells."

The purpose of the restriction is twofold: traffic safety and aesthetics.

The signs on these rolling billboards are intended to attract and hold the attention of passing motorists by constantly changing. Therefore, they are much more likely to pose a traffic hazard than vehicles with signs that merely identify the business that owns the vehicle (a perfectly legal type of vehicle sign in the Beach).

Those who dispute this contention may wish to consult the Web sites for Admobile franchises throughout the country, one of which announces, "Every 8 seconds or 4,500 times per day the side of the truck rotates a new ad creating a wave like effect. The motion and changing color of the ads draws attention from every direction and causes a lock-on effect keeping attention of the viewer through a full series of rotations."

As your editorial notes, other vehicles, such as HRT's buses and Oceanfront trolleys, contain advertising, and the city uses tax dollars to subsidize HRT operations.

The amount of that subsidy would be much greater, however, if HRT were to forgo the revenue from the signs on its vehicles, and public dollars would have to be used to make up the difference.

The difference is that the primary purpose of vehicles used for public transportation is — well, public transportation, and the only purpose of Admobiles is — yes, ads.

Buses and trolleys will actually pick you up and take you somewhere; Admobiles will drive around with your signs all over them and do precious little else.

Your suggestion that HRT's primary purpose is advertising, rather than public transportation, is just plain laughable.

Yes, the Admobile is only one business — for now, anyway. But is there any doubt that, if the city were to allow its advertising, a host of imitators would follow?

As even you stated, "every truck and van will soon be draped in gaudy and distracting signage."

We recognize that a business license was approved in error; surely, however, a clerical error cannot be a sufficient basis for allowing the Admobile, or anyone else, to operate in blatant disregard of the city's ordinances.

The investments in equipment, hiring of employees and commitments to customers cited in the editorial are

not, as you implied, stranded.

Just look at the Admobile's own advertising, which plainly states, "We have numerous Peninsula and Southside routes for your targeted or area-wide advertising campaign."

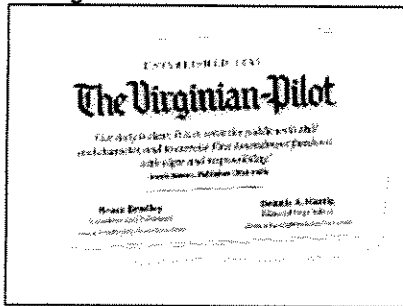
The Admobile is free to operate elsewhere.

Here in Virginia Beach, though, it's not legal. The Pilot should not be condoning, much less advocating, illegal conduct — and surely not for the reasons in your editorial.

Reba S. McClanan

City Council member

Virginia Beach





Published on HamptonRoads.com | PilotOnline.com (<http://hamptonroads.com>)

Admobile told to take business elsewhere, again



Beach officials have determined that the Admobile trucks violate a city zoning law banning signs on vehicles that are used mostly for advertising. The city came to the same conclusion last year.

(The Virginian-Pilot file photo)

By Richard Quinn
The Virginian-Pilot

VIRGINIA BEACH

The Admobile is in trouble – again.

City officials have determined the familiar boxy black trucks, with signs that rotate every few seconds, are essentially rolling billboards. That violates a city zoning law banning signs on vehicles that are used mostly for advertising.

The city came to the same conclusion last year, but the company that owns the Admobiles, AHR Communications Inc., eventually appealed the decision to Circuit Court.

The appeal was dropped so the city and Elaine Cayton, AHR's president, could work out a solution.

That's not looking too likely.

In an Aug. 24 letter to Cayton, zoning administrator Karen Lasley determined AHR generates the majority of its revenue through advertising contracts, not delivery routes. Lasley quoted figures provided by Cayton showing that, through April, 57 percent of the company's revenue came from advertising.

Lasley told Cayton the trucks have to be off the road by the end of this month. Cayton said Thursday she will appeal the decision to the city's Board of Zoning Appeals.

"I have to defend my business," Cayton said. "I've got employees to pay. I've got to make a living. I don't really have a choice at this point other than to appeal it."

Les Lilley, city attorney, told City Council members this week that Virginia Beach's bans on outdoor advertising clearly prohibit the Admobile's business model. In 1987, the city banned new billboards, and it has successfully defended its ordinances in court.

Cayton argues her trucks are not billboards, but the revenue figures she provided the city earlier this year undermined her argument, said Bill Macali, deputy city attorney.

"We gave her some time to comply," Macali said. "She couldn't."

Cayton, who co-founded the company in 2005 and now has five vehicles that operate across Hampton Roads, said she is working to increase her delivery business. But some clients have backed away because of her problems with the city, she said.

"It seems a little ironic and perhaps a little bizarre," Cayton said. "The city seems to want to prevent me from doing deliveries. It's been really quite a Catch-22."

Councilman Ron Villanueva said he wants to find a compromise for a small firm that could go out of business by rules he feels aren't very specific.

"Just the other day I saw this one truck – it had a real estate agent, an appraiser and a lawn garden service on the side," Villanueva said. "How is that any different from what the Admobile folks are doing?"

Lilley said the council has the authority to change the city's zoning rules, but no one has made any suggestions to do so. Villanueva said there isn't enough support on council to pass a new law.

"We have an ordinance," Lilley said. "There's nothing for us to do but enforce it. ... We're kind of in a box here."

Richard Quinn, (757) 222-5119,

richard.quinn@pilotonline.com

Gwinnett Daily Post Online Edition

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Mobile billboards cashing in on gridlock

By Greg Bluestein

The Associated Press

A mobile billboard truck makes a circuit around highly populated areas July 29 in Warner Robins. Admobile has three trucks that operate in central Georgia.

ATLANTA — Thousands of commuters stuck in bumper-to-bumper gridlock for hours each day may sound like a traffic nightmare, but for the latest incarnation of the billboard industry it's a dream come true.

Billboards are hitting the streets, with ad-plastered trucks traveling some of the nation's busiest routes with the sole purpose of getting their client's message across to captive audiences — motorists stuck behind their steering wheels.

Ask anyone to name the traffic-clogged streets to avoid in a city, and "that's where we go — where the viewers are," said Robert Tarabella, CEO of Admobile, a Fairhope, Ala.-based mobile billboard company with a network of 33 locations from Hawaii to Florida.

Mobile billboards, also known as street blimps, have drawn the ire of some environmental groups, governments and motorists. They argue that the industry profits from traffic delays and contributes to the congestion and air pollution in many smog-covered areas without any real benefit to the public.

There are no federal or state bans on the billboards, but local regulations vary. Some ordinances outlaw the billboards in city sections or on specific streets, such as in Miami Beach, Fla., where mobile billboards are banned on Ocean Drive and several other parts of the city.

In New York City, where the billboards are banned, Sam Kaplan said that when he ran five billboards proclaiming patriotic messages through the city streets last spring, one was towed away by city officers.

"Look at Times Square, the greatest billboard Mecca next to Las Vegas," said Kaplan, co-founder of the New York-based Mobile Ad Group. "But in this city, they don't allow mobile billboards. It's really insane."

Vancouver, Canada, recently rejected a proposal to permit mobile billboard trucks on its streets. City leaders in Mobile, Ala., considered banning the ads before a judge ruled the billboards didn't violate the city's sign ordinances.

Admobile and other mobile advertising companies maintain that the vehicles have a minimal effect on overall traffic and are staffed by trained professionals who obey traffic laws.

"The truck is the same size and footprint as an SUV," Tarabella said.

But some mobile billboards can be much larger. Some are long, thin signs usually branded with brightly colored ads that stretch several cars long while others are the size of a typical delivery truck, with three-side panels that shift throughout the day.

Several dozen companies send the billboards on wheels into cities and suburbs every day,

hoping to turn commuter-choked roads into the next great advertising medium.

As national advertisers look to expand from traditional outlets, some have embraced mobile billboards as an alternative, said Stephen Freitas, chief marketing officer for the Outdoor Advertising Association of America.

For a typical fee of \$500 to \$800 a day, customers can tailor exact driving routes to target zip code areas or have the vehicles park at a specific location, such as outside a special event like a grand opening or convention.

When the billboards are on the go, clients will generally pick commuter roads chocked full of traffic.

“That’s good exposure time,” Freitas said.

Commuters often find the giant signs unavoidable — especially when the trucks are near them for long periods of time.

In sprawling Atlanta, where the commutes are consistently ranked among the nation’s worst, mobile billboards dot surface roads and highways each day, some showing graphic pictures of aborted fetuses and others promoting discount airfares.

“They’re a distraction to drivers,” said Jodi Arogeti, a Georgia State University law student. “If you’re turned to the left reading a billboard, you can’t pay attention to the road in front of you.”

Some Internet-based mobile billboard companies that have failed to deliver on their promises have contributed to criticism of the industry.

“There’s a lot of companies out there who don’t cross their T’s and dot their I’s,” said Frank Yon, operations manager of National Mobile Billboards, a Florida-based company.

“A lot of the times the vehicles show up and look like they’re from ‘The Beverly Hillbillies.’”

Rather than protesting mobile billboards, though, some advocacy groups have used them. The Physicians Committee for Responsible Medicine wanted to launch a national campaign targeting the American Cancer Society’s sponsorship of the Cattle Barons’ Ball, claiming that Americans’ diets are too reliant on red meat. While some traditional sign companies shied away from that somewhat dicey message, the group found refuge in the mobile billboard industry.

“They’ll handle some controversial messages where the giants of the industry won’t.

And you can literally park these outside the site you want to hit,” said Howard White, a spokesman for the Washington-based Physicians Committee for Responsible Medicine.

“It’s a very effective advocacy.”

And Faith and Action, a Christian group that supports putting the Ten Commandments displays in courtrooms, has used a mobile billboard in its campaign across several Southern states.

Mobile billboards have also taken to the roads for some not so political movements. Fans of the television show “Angel” hired a mobile billboard in March to protest the decision by the WB Network to cancel the show. The billboard, which for three weeks circulated the streets of Los Angeles, proclaimed: “We’ll follow Angel to hell ... or another network.”

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BOARD OF ZONING APPEALS MEETING

A G E N D A

TOWN OF CHINCOTEAGUE

April 10, 2008 - 7:30 P.M. – Council Chambers - Town Hall

CALL TO ORDER

AGENDA ADOPTION:

1. Approval of minutes of February 14, 2008
2. Public Participation
3. Appeal 08-04-01. Dean Orsino agent for Laurie Walton, request to place a shed 0' from a side lot line right-of-way. Zoning requires a minimum of 15' setback.

ADJOURN: